

Examining the Effectiveness of Wisdom-Oriented Couples Therapy on Sense of Coherence, Cognitive-Affective Empathy, and Emotion Regulation in Conflicted Couples

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E d i t o r	R e v i e w e r s
Shahram Vahedi ¹  Professor, Department of Educational Psychology, Faculty of Educational Sciences and Psychology, Tabriz University, Tabriz, Iran vahedi117@yahoo.com	Reviewer 1: Mohammad Hassan Ghanifar ¹  Assistant Professor, Department of Psychology, Birjand Branch, Islamic Azad University, Birjand, Iran. Email: ghanifar@iaubir.ac.ir Reviewer 2: Abotaleb Saadati Shamir ¹  Assistant Professor, Department of Educational Sciences, University of Science and Research, Tehran, Iran. Email: psychology@iau.ac.ir

1. Round 1

1.1. Reviewer 1

Reviewer:

The study mentions, "Each group was measured twice: first, through a pretest before couples therapy, and second, through a posttest after completing the therapy sessions." However, the control group's conditions during the intervention period are not detailed. Were they placed on a waitlist or provided with an alternative intervention? This should be clarified.

The study states, "A follow-up test was conducted two months later." Given the potential for longer-term effects, a justification for selecting a two-month period rather than a longer follow-up (e.g., six months or one year) would be beneficial.

The article states, "The program was tailored to align with Iranian cultural contexts, enhancing its potential to improve Iranian couples' relationship quality." While this is an important contribution, consider discussing how these findings could be generalized to couples from other cultural backgrounds.

The discussion states, "Wisdom-oriented therapy emphasizes the reprocessing of emotional responses to modify couples' dysfunctional relationships." A deeper explanation of the specific intervention components (e.g., cognitive restructuring, mindfulness techniques) would clarify the mechanisms underlying its effectiveness.

The discussion references, "Wisdom training, as a core concept of positive psychology, emphasizes personal strengths and positive social systems." A comparison with established therapies (e.g., Emotion-Focused Therapy, Cognitive Behavioral Couples Therapy) would provide context for its relative effectiveness.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

The study uses several psychological scales, stating, "Cronbach's alpha reliability for the questionnaire is reported as 0.82." While reliability metrics are provided, it is important to report the validity (e.g., construct validity, criterion validity) of these measures, especially for their use in the studied population.

The analysis mentions, "Repeated measures ANOVA and Bonferroni post hoc tests were utilized." Consider explaining why Bonferroni correction was chosen over alternatives (e.g., Tukey's HSD) and discuss potential limitations, such as reduced statistical power due to multiple comparisons.

The article reports, "Effect size for sense of coherence was $\eta^2 = 0.71$." While effect sizes are presented, interpretation of these values relative to benchmarks (e.g., Cohen's guidelines for small, medium, and large effects) would strengthen the discussion.

The introduction includes, "Wisdom seems to be a vital factor in shaping couples' family relationships and influences their understanding of relationships." Integrating a theoretical framework, such as Antonovsky's Salutogenesis Model or Sternberg's Balance Theory of Wisdom, could provide a more robust conceptual foundation.

The study presents detailed tables, e.g., "Mean and Standard Deviation of Sense of Coherence, Empathy, and Emotion Regulation by Group, Gender, and Assessment Stages." However, some standard deviations are very small. Clarifying whether assumptions of normality were met for parametric tests would improve transparency.

The results show, "The differences between pretest and posttest scores, as well as between pretest and follow-up scores, were significant." Were there any unexpected findings, such as outliers or inconsistencies in improvement across variables? Addressing these could strengthen credibility.

Response: Revised and uploaded the manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.