



The Effectiveness Based on Mindfulness Cognitive Therapy on Internalized Shame, Marital Disaffection and Tendency to Divorce in Unfaithful Couples


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1. Round 1

1.1. Reviewer 1

Reviewer:

The introduction states, "Marital infidelity is a prevalent issue that family therapy specialists regularly encounter in clinical settings." To strengthen the theoretical foundation, reference specific psychological or family therapy models that contextualize the role of infidelity in marital distress.

The introduction mentions MBCT but does not adequately explain why it is particularly suited for treating internalized shame, disenchantment, and inclination toward divorce. A brief discussion comparing MBCT to other therapeutic approaches (e.g., Cognitive Behavioral Therapy or Emotion-Focused Therapy) would strengthen the rationale.

The formatting of Table 1 makes it difficult to differentiate between pre-test and post-test values for each variable. Consider using separate columns or bolding key contrasts to improve readability.

Given that multiple dependent variables were analyzed, did the study control for Type I error? If multiple comparisons were made, a Bonferroni correction or other post-hoc tests should be reported.

The results state, "MBCT significantly reduced inclination toward divorce by 0.67 units." While η^2 values are provided, interpreting them (e.g., small, medium, or large effect) would make findings more meaningful.

While the experimental group showed significant improvement, the control group's changes are not fully discussed. Were there unexpected variations in their post-test scores?

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

Contradiction in Emotional Consequences: In the paragraph discussing internalized shame ("Internalized shame is one of the most significant types of negative and self-conscious emotional experiences."), it would be beneficial to explain why shame manifests as both withdrawal and aggression. Adding citations from trauma-based theories (e.g., Brown, 2008) would help clarify this contradiction.

The sentence, "Participants were selected through convenience sampling from among volunteers and then randomly assigned to the experimental and control groups," raises concerns about selection bias. Explain how this sampling method might affect the generalizability of results.

The article states, "This study included 16 participants in each group, resulting in a total sample of 32 individuals." While Cohen (2007) is cited for the minimum sample size, a power analysis should be provided to justify whether 32 participants were sufficient to detect a significant effect.

The intervention section mentions an 8-week MBCT program but does not provide enough information on session content. For instance, what specific mindfulness exercises were included? Were any adaptations made for couples dealing with infidelity?

The discussion states, "MBCT can serve as an effective intervention for reducing internalized shame." While results support this claim, the study's small sample and lack of long-term follow-up should be acknowledged as limitations.

The discussion references prior studies (e.g., Alizadeh & Mohammadi, 2021; Homayouni et al., 2023), but it does not critically compare effect sizes or sample characteristics. A deeper synthesis would strengthen the argument.

The sentence, "MBCT helps individuals accept their experiences without preconceptions or cognitive distortions," should be expanded to explain the specific cognitive and emotional mechanisms involved (e.g., decentering, reappraisal).

Response: Revised and uploaded the manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.