

The Effect of Individual and Group Sexual Skills Training on Sexual Satisfaction and Sexual Self-Esteem in Women: A Quasi-Experimental Study on the Effectiveness of Individual Sexual Skills Training on Sexual Satisfaction




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E d i t o r	R e v i e w e r s
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1. Round 1

1.1. Reviewer 1

Reviewer:

The sentence “Based on reports from various epidemiological studies conducted in Iran, 31 percent of Iranian women experience a range of sexual problems...” needs a more recent or precise reference to justify this figure. The current citation {Null et al., 2018} appears weak in epidemiological generalizability.

The phrase “Participants were divided into two subgroups of 10” under group training is operationally clear, but the rationale for this division (e.g., group size impact on dynamics) should be explained.

The sexual satisfaction score differs significantly across groups before the intervention ($p < 0.05$), which violates the assumption of baseline equality in quasi-experimental studies. Please address this concern statistically (e.g., ANCOVA) or in the discussion.

The claim “No relevant study was found regarding the effect of individual sexual training on sexual self-esteem” should be qualified by a brief statement on the scope of the literature review (e.g., databases searched, keywords used).

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

The line “Training based on models can be implemented in various ways...” is too broad. Consider specifying what type of models (e.g., cognitive-behavioral, PLISSIT, GATHER) were considered or adopted in this study to ground the discussion theoretically.

The authors state, “Participants were selected through convenience sampling and then randomly assigned.” This design introduces selection bias. Please clarify how randomization was executed (e.g., random number table, block randomization).

The sentence “Before the intervention, the sexual satisfaction scores showed a statistically significant difference...” seems to conflict with the earlier statement that the groups were homogeneous. This contradiction requires clarification.

When explaining the inconsistency with previous findings (e.g., Abedi et al., 2017), consider providing more detailed methodological differences (e.g., duration of intervention, cultural context) to strengthen the comparative analysis.

The authors write: “the post-test was conducted four weeks after the intervention, which may have led to a decrease in perceived self-esteem.” This is speculative. Please consider referencing literature on the temporal stability of intervention effects to support this claim.

Response: Revised and uploaded the manuscript.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.