



Effectiveness of Psychodynamic Therapy on Marital Relationship Quality and Cognitive Emotion Regulation in Couples with Marital Conflicts


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1. Round 1

1.1. Reviewer 1

Reviewer:

The term “cognitive emotion regulation” is used without a clear operational definition. Provide a concise definition with reference to Garnefski et al.’s (2001) model before discussing its implications.

While reliability data are reported extensively, the text includes too many historical developments of the instrument. Focus more on its validity for the current Iranian population and its alignment with the study objectives.

You mention effect sizes (e.g., $\eta^2 = 0.586$) but do not interpret them. Provide benchmarks (e.g., small, medium, large) to contextualize the practical significance of findings.

The study lacks discussion on gender differences or cultural influences in emotion regulation and marital conflict. Addressing this would enhance cultural validity.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

The term “self-differentiation” is used without a citation or theoretical anchoring. Define it clearly and reference Bowen’s theory or relevant psychodynamic literature.

The statement “maladaptive cognitive regulation patterns... are commonly observed” requires supporting empirical evidence. Consider citing prevalence studies or meta-analyses.

The discussion on transference is theoretically sound, but it would benefit from integration with recent empirical findings. Consider referencing current meta-analyses on the role of transference in ISTDP.

The statement “psychodynamic therapy had a statistically significant impact” implies causality. Given the quasi-experimental design, replace with a more cautious phrasing like “was associated with improvements.”

While many studies cited are relevant, the discussion could benefit from citing more international literature to demonstrate broader relevance of ISTDP.

Response: Revised and uploaded the manuscript.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.