




Effectiveness of Emotion-Focused Therapy and Schema Therapy on Attachment Styles and Emotion Regulation in Women Affected by Infidelity


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1. Round 1

1.1. Reviewer 1

Reviewer:

The sentence “Infidelity represents one of the most profound interpersonal traumas within marital relationships...” would benefit from more recent epidemiological data (e.g., prevalence in Iranian or Middle Eastern contexts) to strengthen the argument for clinical significance.

The description states both “purposive sampling” and later “convenience sampling.” Please reconcile these terms and clarify the precise sampling technique to avoid methodological ambiguity.

In the table presenting descriptive indices, the schema therapy group’s results are missing. Since schema therapy is central to the study, including its pretest, posttest, and follow-up scores is essential for transparency.

The sentence “After examination, the assumptions of linear relationships ... were met.” Please provide test statistics (e.g., Levene’s test values) or reference how assumptions were evaluated, as this is critical for statistical rigor.

While η^2 values are presented, the interpretation is absent. Please classify effect sizes (small, medium, large) according to conventional benchmarks to guide readers.

The sentence “Importantly, the comparative results indicated that schema therapy showed somewhat stronger effects than EFT in certain indices...” should clearly identify which indices (secure attachment, anxious–ambivalent, avoidance, or emotion regulation) were stronger for schema therapy.

When stating, “The observed improvement in secure attachment among women receiving EFT resonates with prior findings...” please add more detail on whether the magnitude of improvement in your study aligns with or differs from those previous studies.

The claim, “Schema therapy provides a robust framework for healing betrayal trauma.” This is strong wording. Consider softening to “may provide” unless supported by meta-analytic evidence.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

The authors note, “Schema therapy may yield broader restructuring of maladaptive belief systems, whereas EFT fosters deeper emotional processing.” Please cite empirical studies directly comparing these therapies in infidelity contexts to avoid overgeneralization.

The sentence “In collectivist societies, such as Iran, marital infidelity not only represents a personal violation but also a source of social stigma...” is important but underdeveloped. Expand by integrating sociological or cross-cultural psychology references to justify the necessity for cultural adaptation.

The statement “By demonstrating that EFT and ST can both improve emotion regulation and attachment security, the current study provides evidence for the cross-cultural applicability of these approaches.” Please clarify the extent of cross-cultural generalization, since your sample is exclusively Iranian women.

The link made between insecure attachment and maladaptive technology use is insightful. Consider elaborating how this finding specifically relates to women experiencing infidelity to better connect theory to your results.

Response: Revised and uploaded the manuscript.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.