





Effectiveness of a Mentalization-Based Relationship Enrichment Package Compared to Emotionally Focused Couple Therapy on Anxiety Sensitivity, Intolerance of Uncertainty, and Anger Control in Infertile Couples

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1. Round 1

1.1. Reviewer 1

Reviewer:

In the third paragraph, anxiety sensitivity, intolerance of uncertainty, and anger dysregulation are presented as “transdiagnostic risk factors,” but the manuscript does not conceptually explain how these factors interrelate in infertile couples. A figure or conceptual pathway is recommended.

The sixth and seventh paragraphs of the Introduction independently discuss EFT and MBT, but the transition between them is abrupt. Since the study compares these two interventions, a comparative framing (mechanisms, processes, expected differential effects) would improve the logical flow.

In the MBT section (paragraph beginning “MBT, in contrast...”), the sentence “Mentalization is considered a core psychological competency that buffers against emotional dysregulation...” should include empirical evidence specific to couple therapy contexts, not only individual clinical populations.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

The manuscript states that “intolerance of uncertainty... results in heightened worry, catastrophizing, and emotional exhaustion.” However, later sections attribute intolerance of uncertainty mainly to infertility treatment unpredictability. Please clarify whether the variable is conceptualized as a personality trait or situation-dependent response.

In the paragraph “Despite these advances...”, the statement “culturally sensitive frameworks are needed” is accurate but vague. Please specify which cultural variables (e.g., stigma, gender asymmetry, family interference) were incorporated into the MBRE package.

In Study Design and Participants, the authors state, “The sample was selected purposively according to inclusion and exclusion criteria.” Purposive sampling requires justification. Why was random sampling not feasible among clinic attendees?

In the section describing measures, no mention is made of whether the scales (ASI, IUS, Novaco Anger Scale) were cross-culturally adapted, translated, or validated specifically for infertile populations. Include translation method (back-translation, expert review).

The MBRE intervention description in Interventions paragraph 1 lists detailed session content, but the manuscript does not report intervention fidelity, therapist training, or supervision. Please specify how adherence to protocol was ensured.

In the EFCT section, “Session 10 finalizes the therapeutic process...”. EFCT typically involves three phases: de-escalation, restructuring, consolidation. Please align your description with Johnson’s EFT manual or state whether adaptations were made.

Response: Revised and uploaded the manuscript.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.