

The Effectiveness of Emotion-Focused Couple Therapy on Marital Burnout in Couples with Experience of Emotional Divorce

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1. Round 1

1.1. Reviewer 1

Reviewer:

You state that emotional divorce “frequently escapes formal recognition while exerting deep psychological consequences.” Please cite prevalence data or epidemiological estimates to quantify the scope of this problem and justify its clinical importance.

In the sentence “Marital burnout is a critical psychological outcome of prolonged relational distress”, consider adding a short theoretical model linking emotional divorce → attachment disruption → burnout to enhance causal coherence.

You claim that EFCT is “one of the most empirically supported interventions.” Please provide a brief meta-analytic or systematic review citation summary to substantiate this strong claim.

The identical sum of squares for “Group” and “Error” under Physical Exhaustion suggests a possible reporting error. Please verify all statistical values.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

The research gap is described narratively, but the specific novelty of the present study is not sharply articulated. Please explicitly state how this study extends beyond Ghobadi Kohanmou et al. (2024) and Zahed et al. (2025).

The sentence “30 couples were selected … using convenience sampling” raises concerns regarding external validity. Please discuss how selection bias may influence generalizability and how random assignment mitigates (or does not mitigate) this limitation.

You specify inclusion criterion “score of 73 or higher on MBQ” without justification. Please provide normative or clinical cutoff references supporting this threshold.

The phrase “baseline equivalence” should be supported by explicit statistical tests (e.g., independent t-tests). Please report these values.

Effect size $\eta^2 = .68$ is exceptionally large. Please discuss whether this magnitude could reflect sampling bias, therapist effect, or measurement artifacts.

Response: Revised and uploaded the manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.