

Comparison of the Effectiveness of Transdiagnostic Treatment and Management of Burnout on Emotional Experience towards Spouse in Married Women




Zohreh. Ghodrati Isfahani¹, Seyed Hamid. Atashpour^{2*}, Zahra. Yousefi³

¹ Ph.D student in Counseling, Department of Psychology, Isfahan (Khorasgan) Branch, Islamic Azad University, Isfahan, Iran

² Associate Professor, Department of Psychology, Isfahan (Khorasgan) Branch, Islamic Azad University, Isfahan, Iran

³ Assistant Professor, Department of Psychology, Isfahan (Khorasgan) Branch, Islamic Azad University, Isfahan, Iran

* **Corresponding author email address:** hamidatashpour@gmail.com

E d i t o r	R e v i e w e r s
Gholamreza Rajabi  Professor, Counseling Department, Shahid Chamran University, Ahvaz, Iran Email: rajabireza@scu.ac.ir	Reviewer 1: Niloofar Mikaeili  Professor, Counseling Department, Mohaghegh Ardabili University, Ardabil, Iran. Email: nmikaeili@uma.ac.ir Reviewer 2: Zohreh Zadhan  Department of Psychology and Counseling, KMAN Research Institute, Richmond Hill, Ontario, Canada. Email: zohrehzadhan@kmanresce.ca

1. Round 1

1.1. Reviewer 1

Reviewer: The article presents a quasi-experimental study comparing the effectiveness of transdiagnostic treatment and marital burnout management on emotional experiences towards spouses among married women. The findings indicate that both methods are effective in improving marital relationships, with transdiagnostic treatment showing greater efficacy in reducing negative emotional experiences.

Major Contributions

Innovative Comparison: The study's comparison between transdiagnostic treatment and marital burnout management is novel and adds valuable insights to marital therapy research.

Robust Methodology: The use of a pre-test, post-test, and follow-up design strengthens the study's findings and provides a comprehensive view of the treatments' effects over time.

Criticisms and Suggestions

Sample Size and Diversity: The study's sample is limited to married women from Isfahan, which may restrict the generalizability of the results. Future research should include a more diverse population.

Long-Term Effects: The study does not examine the long-term impacts of the treatments. It is recommended that further research includes a longer follow-up period.

Control Group Activities: While a control group is used, the activities or lack thereof are not extensively described. Detailing what the control group did during the study could help understand the impact of the interventions better.

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer: This article delves into the critical issue of emotional experiences in marital relationships, comparing two distinct psychological interventions. The research's significance is underlined by its potential implications for improving marital satisfaction and emotional well-being among women.

Strengths:

Clinical Relevance: The research addresses a clinically relevant issue by offering insights into how specific interventions can tailor emotional experiences in marital relationships.

Comprehensive Data Analysis: The utilization of descriptive and inferential statistics, including repeated measures analysis of variance and Bonferroni post-hoc test, provides a thorough analysis of the data.

Areas for Improvement:

Theoretical Framework: The study could benefit from a more in-depth discussion of the theoretical underpinnings of both transdiagnostic treatment and marital burnout management. Integrating more literature on these therapies' background and evolution would provide a richer context.

Qualitative Insights: The study is quantitative in nature. Including qualitative data, such as participant testimonials or case studies, might provide more depth to the understanding of the emotional changes experienced by the participants.

Discussion on Practical Implications: While the results are promising, the article could further discuss how these findings might be translated into practical therapy or counseling settings. Suggestions for practitioners on integrating these methods into their repertoire would be beneficial.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.