


# Comparing the Effectiveness of Mindfulness-Based Cognitive Behavioral Therapy and Reality Therapy on Self-Differentiation in Couples Seeking Divorce


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## Editor

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The research question is clear and addresses an important issue. However, the study could further clarify the theoretical rationale behind choosing these specific therapies for comparison and their expected impact on self-differentiation in the context of divorce.

The paper presents a coherent argument supporting the effectiveness of MCBT and RT on improving self-differentiation. To strengthen the argument, it would be beneficial to discuss more thoroughly how self-differentiation acts as a mediator in the relationship between therapeutic intervention and marital satisfaction or divorce prevention.

The literature review is comprehensive but could be enhanced by including a discussion on previous studies that have directly compared MCBT and RT in similar or different contexts. This would provide a more solid foundation for the study's significance.

The discussion effectively highlights the study's contributions but could benefit from a more detailed exploration of practical implications, especially considering the application of MCBT and RT in clinical settings for couples seeking divorce.

Authors revised the manuscript and uploaded the document.

## 1.2. Reviewer 2

Reviewer:

The introduction effectively sets the stage for the study, but further elaboration on the social and psychological consequences of divorce could help contextualize the importance of the research question more deeply.

The methodology is well-designed; however, detailing the criteria for therapist selection and their training in MCBT and RT could further validate the integrity of the intervention.

The selection process is clearly outlined, but a deeper analysis of participant demographics and how they might influence the outcomes would add depth to the study. Information on the duration of marriage or previous therapy experiences could be relevant.

While the literature review is substantial, incorporating studies that have critiqued or found limitations in the use of MCBT and RT in marital therapy could present a more balanced view.

The results are presented with clarity. Including a discussion on any unexpected findings or discrepancies with prior studies would enhance the interpretation of the results.

Authors revised the manuscript and uploaded the document.

## 2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.