

# Comparison of the Effectiveness of the Satir Communication Model and Compassion-Based Cognitive Behavioral Therapy on Behavioral Flexibility and Anxiety Sensitivity in Couples with Marital Conflict

Marjan. Jamali<sup>1</sup>, Hasan. Heidari<sup>2\*</sup>, Hossein. Davoodi<sup>3</sup>, Khalil. Ghaffari<sup>4</sup>

<sup>1</sup> Ph.D. student, Counseling Department, Khomein Branch, Islamic Azad University, Khomein, Iran

<sup>2</sup> Associate Professor, Department of Counseling, Khomein Branch, Islamic Azad University, Khomein, Iran

<sup>3</sup> Assistant Professor, Counseling Department, Khomein Branch, Islamic Azad University, Khomein, Iran


<sup>4</sup> Assistant Professor, Department of Psychology, Aliguderz Branch, Islamic Azad University, Aliguderz, Iran

\* Corresponding author email address: heidarihassan@yahoo.com

## Editor

Sadegh Yoosefee<sup>1</sup>  
Associate Professor of  
Neuroscience Department of  
Neurology, School of Medicine  
Neuroscience Research Center Qom  
University of Medical Sciences,  
Qom, Iran  
syoosefee@muq.ac.ir

## Reviewers

**Reviewer 1:** Faranak Najjari<sup>1</sup>  
Department of Psychology, Saveh Branch, Islamic Azad University, Saveh, Iran.  
Email: fnajjari@iau-saveh.ac.ir

**Reviewer 2:** Behoozr Dolatshahee<sup>1</sup>  
Department of Psychology, University of Social Welfare and Rehabilitation Sciences,  
Tehran, Iran. Email: dolatshae@cwr.ac.ir

## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The literature review could be more comprehensive, including a broader comparison of similar interventions in marital conflict resolution and their outcomes on behavioral flexibility and anxiety sensitivity.

Clarify the criteria for participant selection and the operational definitions of behavioral flexibility and anxiety sensitivity. Providing more detail on the intervention protocols could enhance replicability.

While the analysis demonstrates significant effects, including additional statistical measures such as effect sizes could provide a clearer understanding of the practical significance of the findings.

Deepen the discussion on how the findings align or contrast with theoretical expectations within the domains of marital conflict, behavioral flexibility, and anxiety sensitivity. This can offer insights into the mechanisms driving the observed changes.

Expand the conclusion with specific, actionable recommendations for practitioners. This could include guidelines on tailoring interventions to individual couples' needs and suggestions for integrating the Satir Model and CCBT into broader therapeutic programs.

Authors revised and uploaded the document.

### 1.2. *Reviewer 2*

Reviewer:

Detail the randomization process and address any potential biases in group assignment. More information on the fidelity of intervention delivery would strengthen the study's validity.

Suggest avenues for further study, such as long-term effects of the interventions, their applicability to different types of marital conflicts, or comparisons with other therapeutic approaches.

Authors revised and uploaded the document.

## 2. **Revised**

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.