

Comparing the Effectiveness of Cognitive Behavioral Therapy and Compassion-Focused Therapy in Improving Distress Tolerance and Self-Compassion in Women with Experiences of Marital Infidelity

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1. Round 1

1.1. Reviewer 1

Reviewer:

The manuscript succinctly presents the research question. However, it could benefit from a deeper analysis of the theoretical underpinnings of why these two specific therapies were chosen for comparison. Adding a section discussing the psychological processes involved in distress tolerance and self-compassion in the context of marital infidelity could enhance the paper's depth.

The argument that both CBT and CFT are effective is well-presented but lacks a detailed discussion on the lack of significant differences between the therapies. The authors should elaborate on potential reasons behind this finding, considering theoretical and practical perspectives, and how it fits within the existing literature.

The literature review is comprehensive but could be improved by including more recent studies that discuss advancements in the application of CBT and CFT for similar populations. Additionally, incorporating studies that have found significant differences between these therapies could provide a more balanced view.

The statistical analysis is thoroughly conducted. However, the manuscript would benefit from more detailed tables summarizing the main findings, including effect sizes and confidence intervals, to provide a clearer understanding of the therapies' practical significance.

The discussion section briefly mentions limitations and future research directions. Expanding this section to critically analyze how the study's limitations could have influenced the results and offering specific suggestions for future studies (e.g., larger sample sizes, different cultural contexts, longitudinal designs) would strengthen the paper.

The overall organization of the manuscript is logical, but some sections appear dense. Breaking down complex paragraphs, using more subheadings, and simplifying sentences could improve readability. Moreover, ensuring consistency in terminology related to the therapies and outcomes measured would enhance clarity.

Authors revised and uploaded the document.

1.2. Reviewer 2

Reviewer:

Some aspects of the methodology, such as the specific content and structure of the therapy sessions, could be described more explicitly. Providing a session-by-session breakdown might help readers understand the interventions' components better.

The statistical analysis is robust, yet a deeper exploration of the data could reveal more nuanced insights. For example, conducting subgroup analyses or examining the role of potential moderating variables (e.g., duration of infidelity experience, baseline levels of distress) could provide a more detailed understanding of the therapies' effects.

While the discussion offers a good overview of the findings, integrating more comparative analysis with previous studies, especially those with contrasting results, would enrich the interpretation of the results. Additionally, discussing the clinical implications of the findings in more detail, including how therapists might choose between CBT and CFT based on client characteristics, would be valuable.

Briefly acknowledging and discussing any potential biases in the study, such as the effects of therapist variability or participants' expectations about therapy outcomes, would strengthen the manuscript.

Minor language and formatting corrections could enhance the manuscript's professionalism and readability. This includes checking for typographical errors, ensuring consistent use of terminology, and adhering to the journal's style guidelines for citations and references.

Authors revised and uploaded the document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.