

Effectiveness of Cognitive Behavioral Therapy on Psychological Hardiness and Marital Relationship Quality in Couples with Marital Conflicts

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1. Round 1

1.1. Reviewer 1

Reviewer:

The sample size is relatively small and localized, which may limit the generalizability of the findings. Future research could benefit from a larger and more diverse sample to enhance the external validity of the results.

While the study employs established questionnaires, incorporating additional or alternative measures of psychological hardiness and marital quality could provide a more nuanced understanding of CBT's impact.

The study focuses on the immediate outcomes of the CBT intervention. Including follow-up assessments could provide valuable insights into the long-term sustainability of the improvements in psychological hardiness and marital relationship quality.

While the intervention's structure is outlined, more detailed descriptions of the content and specific exercises within each CBT session could offer valuable information for replication and practical application in clinical settings.

The research could be strengthened by a more thorough consideration of potential confounding variables that might influence the outcomes, such as the duration of marital conflict or previous therapy experiences.

Authors revised and uploaded the document.

1.2. Reviewer 2

Reviewer:

While the study situates itself within existing research, further discussion on how this research advances or diverges from previous studies could provide greater context for the findings.

Clarification on the criteria used for selecting participants, beyond experiencing marital conflicts, could enhance the study's replicability and relevance to diverse populations.

Expanding on the specific techniques and content delivered in the CBT sessions would allow for a better understanding of the intervention's components crucial for its success.

The study could benefit from a discussion on measures taken to mitigate potential biases inherent in self-reported data and the effects of the therapists' delivery of CBT.

Investigating the mechanisms through which CBT impacts psychological hardiness and marital relationship quality could enrich the study's contributions, offering insights into the pathways of therapeutic change.

Authors revised and uploaded the document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.