

The Effectiveness of Cognitive-Behavioral Therapy on Psychological Distress in Divorced Women


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1. Round 1

1.1. Reviewer 1

Reviewer:

The study utilizes a convenience sampling method, which may introduce selection bias, limiting the generalizability of the findings. Consider employing a more rigorous sampling technique to ensure a broader representation of the target population.

The control group did not receive any intervention. This setup can lead to differences in attention and participant expectation effects. A suggestion would be to provide a placebo or alternative treatment to the control group to mitigate these effects and ensure a more robust comparison.

The use of univariate and multivariate covariance analyses is appropriate; however, considering the small sample size, the power of these tests may be limited. Expanding the sample size or using bootstrapping techniques could help address this limitation and provide more reliable results.

The manuscript could benefit from a more detailed presentation of the statistical analyses, including assumptions checked, exact p-values, and confidence intervals for the main outcomes, which would aid in the transparency and replicability of the results.

Consider exploring potential moderating or mediating variables that could influence the effectiveness of cognitive-behavioral therapy on psychological distress. This could include variables such as the time since divorce, support systems, or personal resilience, providing deeper insights into the conditions under which therapy is most effective.

Authors revised and uploaded the document.

1.2. *Reviewer 2*

Reviewer:

While the Distress Tolerance Questionnaire was used to collect data, there is limited information on the validity and reliability of this instrument within the specific context of divorced women in Iran. Additional validation of this tool, or consideration of culturally specific tools, could enhance the robustness of the data collected.

The study mentions ethical considerations briefly; however, providing a more detailed description of the ethical measures, informed consent process, and how participants' confidentiality is protected would strengthen the ethical reporting of the study.

The limitations section could be expanded to discuss the implications of the study's methodological limitations on the findings. Additionally, discuss potential biases and how they might have influenced the results and their interpretation.

The theoretical framework could be strengthened by a deeper integration of existing theories related to divorce, psychological distress, and cognitive-behavioral therapy. This would enhance the theoretical contributions of the paper and provide a stronger basis for the research hypotheses.

Authors revised and uploaded the document.

2. **Revised**

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.