



Efficacy of the Gottman Method on Family Cohesion and Emotional Self-Regulation Among Couples

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1. Round 1

1.1. Reviewer 1

Reviewer:

The abstract should succinctly summarize the key results with specific data points. Instead of stating "significant differences," specify the actual p-values and effect sizes.

The methods section states that simple random sampling was used, but this conflicts with the mention of convenience sampling in the abstract. Clarify the sampling method and justify its appropriateness for the study design.

The intervention section detailing the Gottman Approach Therapy sessions is thorough but lacks justification for the specific structure (e.g., why eight 36-minute sessions). Provide a rationale based on existing literature or preliminary studies.

The "Sense of Coherence" and "Cognitive Emotion Regulation" questionnaires are well-described, but include the Cronbach's alpha values for the current sample to demonstrate reliability.

The analysis section mentions the use of multivariate analysis of covariance (MANCOVA). Ensure that assumptions for MANCOVA, such as homogeneity of variances, are tested and reported.

In Table 1, the post-test mean scores for family cohesion in the control group (61.60) appear to be lower than in the pre-test (61.20). Verify these values and provide explanations if accurate.

Authors revised and uploaded the document.

1.2. Reviewer 2

Reviewer:

In the paragraph beginning with "It is clear that emotions and their regulation," provide a clearer linkage between the theoretical framework and the study's aims. Elaborate on how the Gottman method specifically addresses the gaps identified in the literature on emotional regulation.

The review of literature in the introduction is comprehensive but somewhat scattered. Consider consolidating references and providing a more structured argument. For instance, combine the discussion on the impact of intrapersonal emotion regulation strategies (Chervonsky 2017) with the mention of interpersonal strategies (Brandão 2020).

The p-values and F-values provided are helpful, but include confidence intervals for the main effects to enhance the interpretation of the findings.

The discussion should delve deeper into the practical implications of the findings. For instance, how can therapists integrate these results into their practice, and what specific aspects of the Gottman method were most effective?

Compare the findings more explicitly with those from previous studies mentioned in the introduction. This will help contextualize the results and demonstrate the study's contribution to the field.

Authors revised and uploaded the document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.