


The Effectiveness of Mindfulness-Based Sex Therapy on Sexual Self-Efficacy and Sexual Quality of Life in Couples

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1. Round 1

1.1. Reviewer 1

Reviewer:

The introduction discusses Bandura's self-efficacy theory (Paragraph 1), but it would benefit from a brief explanation of how this theory specifically underpins the intervention used in this study, connecting it more directly to mindfulness-based therapy.

The introduction references cultural influences on sexual self-efficacy (Paragraph 3). Please provide examples of how Iranian cultural norms might uniquely impact sexual self-efficacy and sexual quality of life, to strengthen the relevance to your sample.

The exclusion criteria in Paragraph 3 could specify how participants with severe dysfunction were assessed or identified. Clarifying this would ensure a more comprehensive understanding of the participant selection process.

The description of Session 1 in the "Intervention" section could be improved by detailing the duration and specific exercises practiced during the session. This would allow for better replication by other researchers.

The "Data Analysis" section mentions using MANCOVA (Paragraph 1). Please justify the choice of MANCOVA over other statistical methods and explain how assumptions for MANCOVA were met, adding robustness to your analysis.

In the Discussion, the manuscript could benefit from exploring the psychological mechanisms by which mindfulness-based sex therapy leads to sustained improvements, rather than merely stating that improvements were maintained.

Authors revised and uploaded the document.

1.2. Reviewer 2

Reviewer:

In Paragraph 5, where mindfulness techniques are mentioned, add a brief discussion on how mindfulness theoretically influences cognitive and emotional aspects of sexual self-efficacy. Currently, the explanation lacks theoretical depth.

In the "Methods and Materials" section, the description of participant recruitment (Paragraph 1) should include the rationale for choosing only counseling centers in the western part of Karaj. This information is crucial for understanding the representativeness of the sample.

The reliability scores of the instruments used (Paragraph 2, "Measures" section) are noted, but it would be helpful to discuss whether these scores meet the acceptable threshold for psychological research and how they compare to the original validations.

The discussion section (Paragraph 1) claims that improvements were "primarily driven by the intervention." Please elaborate on whether other factors, such as participant motivation or cultural stigma reduction, might have contributed to these outcomes.

The claim that mindfulness-based sex therapy addresses "sexual anxiety and enhances relational satisfaction" (Paragraph 5, Discussion) could be strengthened by referencing additional studies or meta-analyses supporting this assertion.

Authors revised and uploaded the document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.