

Comparing the Effectiveness of Emotionally Focused Couples Therapy (Susan Johnson Model) and Schema Therapy on Self-Esteem and Cognitive Emotion Regulation in Conflicted Couples

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1. Round 1

1.1. Reviewer 1

Reviewer:

The discussion on societal transition and its effect on family mental health is compelling. However, the cited statistics on divorce rates (e.g., “approximately half of today’s marriages end in divorce”) need supporting references for validation.

Provide justification for choosing SPSS-22 as the statistical tool. Were other software considered for multivariate analysis?

While descriptive statistics are presented well, include effect sizes alongside the means and standard deviations for a clearer understanding of practical significance.

The phrase “Schema Therapy showed a greater impact” should be quantified. Report exact differences in effect sizes or mean changes.

Elaborate on why the Greenhouse-Geisser correction was necessary and how it impacted the results compared to uncorrected data.

You state, “Schema Therapy is more effective than Emotionally Focused Couples Therapy.” However, there is insufficient theoretical exploration of why this difference exists. Discuss possible underlying mechanisms.

Authors revised and uploaded the document.

1.2. Reviewer 2

Reviewer:

Clarify whether the data on marital conflict referrals (e.g., “40% of referrals to mental health centers”) are specific to a regional context or generalizable to global trends.

Specify the rationale behind using a quasi-experimental design instead of a fully randomized controlled trial. This will strengthen the methodological justification.

The criteria for scoring below thresholds on certain scales (e.g., Forgiveness Questionnaire) need a stronger explanation. Why were these specific thresholds chosen?

Expand on how the therapist ensured consistency across the 10 sessions for Schema Therapy to avoid variability.

Integrate more recent studies post-2020 to contextualize findings on emotion regulation strategies, especially studies conducted in non-Western contexts.

The discussion on Emotionally Focused Therapy’s efficacy in modifying emotional cycles lacks depth. Explore attachment theory’s role in therapeutic outcomes more explicitly.

The conclusion reiterates findings but lacks practical implications for counselors. Add actionable recommendations for practitioners based on the results.

Authors revised and uploaded the document.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.