



Comparing the Effectiveness of Pre-Marriage Training Based on Halford's Couple Relationship Education and Adlerian Premarital Approach on the Schema Modes of Girls and Boys Applying for Marriage

Neda. Tatary¹, Seyyed Reza. Mirmehdi^{2*}, Firouzeh. Zanganeh Motlagh³


¹ PhD in General Psychology, Arak Branch, Islamic Azad University, Arak, Iran

² Associate Professor, Department of Psychology, Payame Noor University, Tehran, Iran

³ Assistant Professor, Department of Psychology, Arak Branch, Islamic Azad University, Arak, Iran

* Corresponding author email address: mirmehdy2001@yahoo.com

Editor

José Aparecido Da Silva¹
Full Professor, Department of
Psychology, University of Sao
Paulo, Ribeirao Preto, Sao Paulo,
Brazil
jadsilva@ffclrp.usp.br

Reviewers

Reviewer 1: Farideh Dokanehi Fard
Associate Professor, Counseling Department, Roudehen Branch, Islamic Azad
University, Roudehen, Iran. Email: f.dokaneifard@riau.ac.ir
Reviewer 2: Kamdin Parsakia
Department of Psychology and Counseling, KMAN Research Institute, Richmond
Hill, Ontario, Canada. Email: kamdinparsakia@kmanresce.ca

1. Round 1

1.1. Reviewer 1

Reviewer:

In the sentence "Schema modes are among the cognitive risk factors examined in this study (Pilkington et al., 2021)," the reference seems outdated compared to other cited works. Update the literature review with recent studies on schema modes in premarital counseling contexts.

In the results section, the phrase "the Greenhouse-Geisser epsilon value was less than 0.75," is cited without providing the exact value. Report the epsilon value for transparency.

The table caption does not indicate whether standard deviations are pooled or group-specific. Clarify this for consistency with statistical reporting standards.

The sentence "In Halford's communication approach... factors such as family background receive less attention," seems speculative. Include empirical evidence or soften this claim.

Authors revised and uploaded the document.

1.2. Reviewer 2

Reviewer:

The sentence “Given this importance, this study focuses on premarital training based on Halford’s Couple Relationship Education approach and the Adlerian premarital approach,” could benefit from a stronger justification of why these two specific approaches were selected over others.

Clarify the randomization procedure used for assigning participants to groups. Was it simple randomization, stratified, or block randomization?

In the description of Halford’s Couple Relationship Education, session objectives and outcomes are well-explained, but the rationale behind the number of sessions (6) versus the Adlerian approach (8) is missing. Clarify this discrepancy.

The sentence “The internal consistency of this questionnaire... ranges from 0.76 to 0.96 (Young, 2007),” needs validation. Provide Cronbach’s alpha scores for the current study’s sample to confirm reliability.

In Adlerian Premarital Approach, the session on “Democratic Relationships” mentions follow-up on daily conversations but lacks a description of how these were evaluated or linked to outcomes. Include this detail.

The Bonferroni correction results in the “Follow-Up” section show a significant p-value for Adlerian training compared to the control. Discuss why this effect did not differ from Halford’s training.

The statement “These results align with previous studies that have examined the effectiveness of Adlerian couples therapy on emotion regulation strategies and emotional states,” lacks citations. Provide references for this assertion.

Authors revised and uploaded the document.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.