

Narrative Therapy as an Intervention for Post-Divorce Adjustment and Grief: Examining Psychological Outcomes

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1. Round 1

1.1. Reviewer 1

Reviewer:

While narrative therapy is introduced as a promising approach, there is a lack of a clear theoretical justification for its selection over other therapeutic models like cognitive-behavioral therapy (CBT) or acceptance and commitment therapy (ACT). The claim "Narrative therapy has emerged as a promising approach in helping individuals reframe their divorce narratives, process grief, and reconstruct a sense of self" should be supported by comparative references showing its unique advantages.

The intervention description states that each narrative therapy session lasted between 60 and 76 minutes. This variability is quite large and could impact outcomes. The study should clarify why session lengths varied and whether this was controlled in the analysis.

Table 1 presents means and standard deviations for post-divorce adjustment and grief but does not discuss whether the baseline scores between treatment and control groups were significantly different. A statistical comparison (e.g., independent samples t-test) should be provided to rule out pre-existing differences.

In Table 2, the F-values and p-values for ANOVA results are reported, but degrees of freedom (df) for within-group and interaction effects are missing. This should be added for proper interpretation.

Response: Revised and uploaded the new document.

1.2. Reviewer 2

Reviewer:

The study is described as a quasi-experimental design, but in the Methods and Materials section, the phrase "This study employs a correlational descriptive design to examine the predictive role of jealousy in romantic relationships and family coping strategies on sexual satisfaction." appears to be unrelated to the main study. This creates confusion and should be corrected to maintain consistency with the study's actual objectives.

The Post-Divorce Adjustment Scale (PDAS) and the Grief Experience Questionnaire (GEQ) are introduced as standardized measures. However, the sentence "The PDAS consists of 25 items rated on a Likert scale..." should specify the scoring range, subscale reliability, and whether any adaptations were made for this study.

The results report significance values (p-values) but do not include effect sizes (e.g., Cohen's d or partial eta squared). The sentence "Results showed a significant improvement in post-divorce adjustment in the treatment group compared to the control group ($F = 57.90$, $p = 0.0001$)" should also report effect sizes to quantify the practical significance.

The discussion states that "The findings suggest that narrative therapy is an effective intervention for enhancing post-divorce adjustment and reducing grief." However, due to the quasi-experimental design, causality cannot be definitively established. The language should be more cautious, emphasizing associations rather than definitive causal claims.

While the discussion touches on self-narrative reconstruction as a mechanism, there is no mention of specific cognitive or emotional processes involved in narrative therapy. This section should theorize or cite evidence on how narrative restructuring fosters emotional resilience.

The claim that "Narrative therapy should be considered a valuable therapeutic approach for individuals struggling with the emotional consequences of divorce." should be followed by practical recommendations for therapists and policymakers regarding implementation in clinical settings.

Response: Revised and uploaded the new document.

2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.