


# Evaluating the Emotion Regulation Program on Enhancing Family Resilience

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

While the introduction cites relevant studies, it could be enhanced by discussing gaps in the current literature more explicitly. This would strengthen the argument for the necessity of the current study and its contribution to the field.

The relatively small sample size (20 couples) and the lack of diversity in the sample limit the generalizability of the findings. Future research could benefit from a larger, more diverse participant pool to enhance the applicability of the results across different populations.

Exploring the specific mechanisms through which emotion regulation training enhances family resilience could offer deeper insights. This could involve qualitative data collection or additional quantitative measures to assess changes in emotion regulation strategies, communication patterns, or conflict resolution skills.

To further bolster the study's design, the control group could engage in alternative activities or receive a different form of intervention. This would help to clarify whether the observed effects are specifically attributable to emotion regulation training or if they could be replicated with other types of interventions.

*1.2. Reviewer 2*

Reviewer:

The reliance on self-reported measures for assessing family resilience introduces the potential for response bias. Incorporating objective measures or observational data could provide a more comprehensive assessment of the intervention's impact.

While a two-month follow-up period provides some insight into the sustainability of the intervention's effects, longer follow-up periods could offer a better understanding of the long-term benefits of emotion regulation training on family resilience.

Response: Revised and uploaded the manuscript.

**2. Revised**

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.