

Determining the Effectiveness of Compassion-Focused Therapy on Empathy and Marital Conflicts Among Women Whose Spouses Are Recovering from Drug Addiction


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1. Round 1

1.1. Reviewer 1

Reviewer:

The claim that addiction destabilizes moral foundations is broad. Consider narrowing this down with specific references or evidence, such as statistical data on crime rates or moral behaviors linked directly to addiction.

The sentence "The Marital Conflict Questionnaire was developed by Sanaei Zakir and Barati in 2008" should be followed by more details on its reliability and validity in the context of this study.

In Session 1, the description of "compassionate mind and how and why its dysfunction occurs" lacks clarity. It would be helpful to explain what dysfunctions you are referring to and how they relate to addiction recovery.

The descriptive statistics in the pretest-posttest stages for empathy and marital conflict should include p-values or effect sizes directly in the table for easier interpretation of the significance.

The use of the term "social functioning" is inconsistent with your stated variables (empathy and marital conflict). Clarify whether you are assessing social functioning as an additional variable, or remove the term.

The findings mention a significant effect at the 0.01 level. Clarify whether you used a Bonferroni correction or other method to adjust for multiple comparisons, especially given that you're analyzing two primary variables.

Include confidence intervals (CIs) for the F-values and eta squared values to provide more context on the precision of your estimates.

The conclusion that "compassion-focused therapy has a positive impact on empathy and marital conflicts" is strong. However, consider adding more nuance by addressing any potential moderating or mediating factors, such as the severity of addiction or the duration of recovery.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

The phrase "the most severe impact of addiction is on the family" should be supported by comparative evidence showing why family impacts are more severe than other consequences like economic or health issues.

You state, "Marital empathy reduces distress." While this is a valid claim, providing citations from recent research (post-2020) on how empathy works in marital dynamics, especially in the context of addiction, would strengthen the argument.

The inclusion of only women from Isfahan creates a potential limitation in terms of generalizability. It would be beneficial to either justify this choice or suggest future research to include a more diverse sample.

The use of the 1972 Mehrabian and Epstein scale is quite outdated. Have there been more recent validations or updates to this scale? If not, consider justifying the use of an older scale.

The sentence "Compassion helped women be kinder toward themselves and their spouses" should be expanded by explaining how self-compassion specifically relates to empathy and marital satisfaction.

When you state, "low self-worth leads to interpreting others' behavior negatively," this is a well-known concept. However, recent studies on cognitive distortions in the context of addiction recovery could add depth to this argument.

The analogy to "mental physiotherapy" is effective but somewhat vague. Could you elaborate more on how CFT exercises mirror the process of physical rehabilitation?

Response: Revised and uploaded the manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.