

# The Effectiveness of Acceptance and Commitment Therapy on Marital Functioning and Marital Conflicts in Couples with a Tendency toward Emotional Divorce

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E d i t o r	R e v i e w e r s
Asoke Kumar Saha <sup>id</sup> Professor Department of Psychology, Jagannath University, Dhaka, Bangladesh drasoke@psychology.jnu.ac.bd	<b>Reviewer 1:</b> Zahra Yousefi <sup>id</sup> Assistant Professor, Department of Psychology, Khorasgan Branch, Islamic Azad University, Isfahan, Iran. Email: yousefi1393@khuif.ac.ir <b>Reviewer 2:</b> Mehdi Rostami <sup>id</sup> Department of Psychology and Counseling, KMAN Research Institute, Richmond Hill, Ontario, Canada. Email: dr.mrostami@kmanresce.ca

## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The explanation of “emotional divorce” could benefit from a clearer conceptual framework. Consider integrating theoretical perspectives or models that define emotional disengagement in marital contexts.

The standard deviation values suggest notable variability in responses. Discuss whether these variations had any effect on statistical power or interpretation.

While F and p values are provided, confidence intervals for effect sizes would enhance interpretability. Please include or justify their omission.

The mechanisms by which ACT reduces conflict are discussed theoretically. Strengthen this with reference to empirical studies that observed such mechanisms in marital or couple-based ACT.

Response: Revised and uploaded the manuscript.

*1.2. Reviewer 2*

Reviewer:

The sentence “Conflict is defined as a negative emotional state...” lacks citation. Please include a reference from conflict theory or family psychology to validate this definition.

The phrase “some researchers view this as a normal event” is vague. Specify who these researchers are by citing at least one empirical source.

The description of ACT is informative but would be strengthened by including a brief explanation of how psychological flexibility is operationalized in marital interventions.

The intervention description is strong, but lacks citations. Please support the structure and techniques used in each ACT session with references to ACT manuals or previous clinical research.

The statement “Therefore, ACT has a significant impact...” should be rephrased to avoid causal interpretation given the quasi-experimental design. Consider “ACT is associated with improved...”

You claim ACT increases value alignment, but this was not measured in your study. Consider revising this claim or noting it as a theoretical explanation rather than an observed outcome.

The phrase “marital satisfaction is a key determinant of quality of life” is well-known but unsupported here. Please include a citation to substantiate this.

Response: Revised and uploaded the manuscript.

**2. Revised**

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.