

Effectiveness of Mindfulness-Based Cognitive Therapy on Distress Tolerance and Dysfunctional Attitudes in Incompatible Couples

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1. Round 1

1.1. Reviewer 1

Reviewer:

The sentence “Marriage is considered the most significant event in an individual's life cycle...” is overly broad and lacks a theoretical citation. Consider grounding this claim in a developmental or sociological framework.

While discussing distress tolerance, the article could enhance clarity by explicitly defining the operationalization of this construct in the current study.

Although the Distress Tolerance Scale is introduced well, the article should clarify which subscales were included in the analysis and how total scores were computed.

The explanation of cut-off scores (low, moderate, high) appears arbitrary. Please cite validation studies specific to the Iranian population, if available.

The description is generally informative, but lacks detail on fidelity checks or facilitator qualifications. Clarify whether adherence to the MBCT manual was formally evaluated.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

The quote “These attitudes are considered maladaptive because of their inflexibility...” should be more precisely attributed with a specific page number or paraphrased if not directly quoted from {Liu, 2017}.

The research question is stated clearly, but a corresponding hypothesis is missing. Consider adding a directional hypothesis aligned with the variables under investigation.

The rationale for using ANCOVA is mentioned, but assumptions (e.g., homogeneity of regression slopes) should be explicitly checked and reported.

The power values are reported unusually low (e.g., .51, .53). This may imply underpowered tests. Consider conducting a post-hoc power analysis or addressing this in the limitations.

Response: Revised and uploaded the manuscript.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.