

Examining the Effectiveness of Metacognitive Therapy on Self-Disclosure and Self-Restraint in Single Women Unwilling to Marry




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E d i t o r	R e v i e w e r s
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1. Round 1

1.1. Reviewer 1

Reviewer:

While this paragraph offers a solid sociocultural framing, it would benefit from including recent Iranian statistical data on marriage rates and singlehood trends to substantiate the discussion.

The literature review on self-disclosure could be expanded by discussing its potential cultural nuances in Iranian society, as norms around emotional openness may differ from Western contexts.

There appears to be an inconsistency between the “24-item” description in the abstract and “40-item” description in the methods. This needs clarification.

For reproducibility, elaborate on how cultural adaptation of MCT was implemented in these sessions to suit Iranian norms and values.

Include details on how missing data were handled in the analysis and whether intention-to-treat principles were applied.

Include p-values or statistical test results for changes between time points in Table 1, as the table currently only provides descriptive statistics.

Provide partial eta squared interpretations in narrative form, clarifying whether the effect sizes are considered small, medium, or large according to conventional benchmarks.

The discussion of maladaptive metacognitions is strong but could benefit from tying back to quantitative evidence from the present study, such as changes in specific subscales.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

Consider providing empirical evidence or prevalence data on the proportion of women in Iran who are unwilling to marry, to contextualize the study's target population.

Add a clear statement of the study hypotheses here to set up the reader's expectations for the results.

Justify the age cutoff of 35 years in relation to the cultural and psychological context. Is there evidence that marriage reluctance manifests differently after this age?

Explain how purposive sampling was operationalized. Were any recruitment strategies or screening stages implemented to minimize selection bias?

The direction of mean differences for self-restraint (negative values) is potentially confusing. Clarify in the text why a negative difference corresponds to improvement.

Strengthen the discussion by addressing whether the increase in self-disclosure and self-restraint could be mediated by other variables such as reduced rumination or enhanced metacognitive awareness.

The link between improved interpersonal skills and potential changes in marriage inclination is speculative. Consider clearly separating empirical findings from conjecture.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.