

The Effect of the “Building a Lasting Connection (BLC)” Program on Improving Communication and Increasing Intimacy in Couples About 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:

The introduction is theoretically rich but overly long. Consider condensing overlapping discussions of attachment theory and communication patterns to maintain focus and improve readability.

The final sentence, “Therefore, the present study aims to investigate the effectiveness of the Building a Lasting Connection (BLC) program...” is appropriate but could be expanded to emphasize the specific research gap (e.g., lack of Iranian replication studies, or few quasi-experimental trials on premarital couples).

The limitations paragraph is thorough but could be strengthened by acknowledging potential experimenter expectancy bias since the same team conducted both intervention and assessments. The “Suggestions for Practice” paragraph should also distinguish between clinical applications (premarital counseling settings) and policy-level applications (integration into national marriage preparation programs).

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

The study uses “convenience sampling” followed by “random assignment,” which seems contradictory. Clarify how randomization was implemented after convenience selection and whether allocation concealment was ensured.

The six-session structure is well outlined, but add the duration and mode (e.g., in-person, group-based, or individual sessions) and specify whether the same facilitator conducted all sessions to ensure consistency.

Although demographic homogeneity is discussed, the manuscript should explicitly mention whether Levene’s test confirmed equality of variances prior to conducting MANOVA analyses.

The statement “The observed enhancement in intimacy following the BLC intervention underscores the program’s effectiveness...” could benefit from deeper theoretical integration, linking BLC outcomes to specific attachment constructs (e.g., secure base behavior, emotional attunement).

The discussion appropriately acknowledges cultural factors but should expand on how Iranian collectivist norms may mediate program outcomes—particularly regarding gender roles, family expectations, and public display of affection.

Response: Revised and uploaded the manuscript.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.