

# Examining the Effectiveness of Couple Therapy Based on Positive Psychology and Religious Spirituality on Marital Satisfaction and Marital Adjustment

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### 1. Round 1

#### 1.1. Reviewer 1

Reviewer:

In the sentence “Contemporary couple therapy has progressively shifted from deficit-oriented models...” you describe a theoretical shift but do not cite foundational work from couple therapy scholarship (e.g., emotion-focused, behavioral, or systemic approaches). Adding these citations would bolster the historical framing.

In the paragraph “Despite the growing body of literature...” you mention limited comparative studies but do not explain why a comparative study is specifically important for clinical decision-making. Expanding this rationale would strengthen the justification for the study.

The final sentence of the Introduction clearly states the aim, but it could be improved by explicitly naming the comparison aspect (i.e., positive psychology vs. religious spirituality) rather than grouping them generically as “two approaches.”

The description “45 participants were selected through voluntary sampling” lacks clarity about how couples were approached, screened, and assigned. The manuscript should explain whether assignment to groups was random or convenience-based to clarify internal validity constraints.

The paragraph “In this study, religious spirituality-based couple therapy was also implemented...” does not specify whether spiritual content was tailored to participants’ specific religious backgrounds. Clarifying whether the protocol was denominationally neutral or faith-specific is important ethically and clinically.

Response: Revised and uploaded the manuscript.

### 1.2. *Reviewer 2*

Reviewer:

The section beginning with “Positive psychology emphasizes the scientific study of strengths...” outlines mechanisms but lacks clarity on why these mechanisms are particularly impactful for couples with low satisfaction. A stronger articulation of the causal pathways would improve theoretical precision.

The paragraph starting with “Alongside positive psychology, religious and spiritual dimensions...” should distinguish more clearly between religiosity and spirituality. Currently, conceptual overlap may confuse readers about which elements are being therapeutically targeted.

The paragraph “The integration of positive psychology and religious spirituality...” asserts conceptual alignment but does not provide an example of an integrated technique. Including a concrete illustration (e.g., gratitude practices embedded within spiritual rituals) would enhance clarity.

The sentence “Couples were required to have low to moderate levels of marital satisfaction or marital adjustment...” needs clarification on how “low to moderate” levels were operationalized. What cut-off scores were used?

The description “ENRICH (1989) reported the reliability...” uses outdated psychometric information without referencing updated validation studies from diverse cultures. Adding contemporary psychometric evidence would improve methodological rigor.

The scoring explanation in the paragraph beginning “This questionnaire includes four dimensions...” is lengthy and could be streamlined. Consider presenting the scoring logic in a concise table rather than long-form text to improve readability.

In the paragraph starting “In this study, positive psychology-based couple therapy...” the phrase “shared positive activities” is vague. Specify examples of activities used so the protocol is replicable.

Response: Revised and uploaded the manuscript.

## 2. **Revised**

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.