

## Comparison of the Effectiveness of Schema Therapy and Cognitive–Behavioral Therapy on Distress Tolerance in Maladjusted Couples

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### 1. Round 1

#### 1.1. Reviewer 1

Reviewer:

In the statement “The accumulation of unresolved conflict undermines attachment security...”, consider explicitly linking this claim to an attachment framework (e.g., internal working models) to strengthen theoretical coherence.

You report excellent internal consistency in the present study. Please add one sentence describing construct validity evidence for the instrument, especially in marital or couple contexts.

The intervention description is strong but reads procedurally. Please clarify therapist qualifications and training level, and whether treatment fidelity was monitored.

In Session 3, the term “Four Horsemen” is introduced without citation or explanation. Please briefly identify its theoretical origin and clinical meaning for clarity.

Response: Revised and uploaded the manuscript.

### 1.2. Reviewer 2

Reviewer:

The sentence “Despite these strengths, CBT’s focus on present-oriented cognitive and behavioral modification may be insufficient...” is evaluative. Please provide a brief empirical justification or soften the claim by acknowledging situations in which CBT may be sufficient.

When you write “The conceptual superiority of schema therapy for enhancing distress tolerance lies in its direct engagement with emotion-laden memory networks...”, this is a strong theoretical claim. I recommend clarifying which specific schema mechanisms (e.g., limited reparenting, imagery rescripting) most plausibly affect distress tolerance.

The research gap is well stated. However, before the sentence “Therefore, the aim of the present study was...”, consider inserting one brief paragraph that explicitly articulates the clinical significance of targeting distress tolerance rather than marital satisfaction or conflict frequency.

The phrase “convenience sampling” raises concerns about external validity. Please explicitly discuss how this sampling strategy may bias results and what populations your findings can and cannot generalize to.

The criterion “age range of 30 to 35 years” is unusually narrow. Please provide a theoretical or practical justification for restricting the sample to this age range.

Response: Revised and uploaded the manuscript.

## 2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.