

Comparison of the Effectiveness of Olson’s Circumplex Model–Based Couple Therapy and Acceptance and Commitment Therapy (ACT) on Marital Burnout and Marital Self-Regulation in Couples with Conflict

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1. Round 1

1.1. Reviewer 1

Reviewer:

The sample is described as “48 participants (24 couples).” However, all statistical analyses (MANCOVA, ANCOVA, repeated-measures ANOVA) appear to treat participants as independent observations. Given that couples are dyadic units and scores are likely interdependent, please clarify whether analyses were conducted at the individual level or couple level. If individual-level, please justify ignoring interdependence or report dyadic modeling (e.g., APIM).

In Table 2, for ACT and marital burnout, you report $F = 1.872$, $p = .005$. An F-value of 1.872 would not typically yield $p = .005$ with $df = 2$. Please recheck these calculations, as the reported F and p-values appear statistically incompatible.

No information is provided regarding therapist adherence, supervision, or fidelity checks. Please report whether intervention fidelity was monitored and how therapist competence was ensured.

You state that participants were assigned via “simple randomization,” but no details are provided regarding the procedure (e.g., random number generator, sealed envelopes). Please describe the method to enhance reproducibility.

While prior Cronbach's alpha values are cited, reliability coefficients for the present sample are not reported. Please compute and report internal consistency for each instrument in this study.

You state that assumptions were met ($p > .05$), but exact statistics are not reported. Please provide test statistics (W, F values) and degrees of freedom.

You mention that the control group was offered intervention after completion. Please clarify whether any psychological support was provided during the study period to mitigate potential ethical concerns.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

In Table 2, effect sizes are reported as $\eta^2 = .814$ and $\eta^2 = .841$, which are extremely large. Please clarify whether these represent partial eta squared or another effect size metric. Provide interpretation guidelines and confirm the computational method.

In Table 3 for marital burnout, the total df is listed as 24, whereas the sample consists of 48 participants. This discrepancy requires clarification. Similarly, error df for marital self-regulation is 46, which is inconsistent with the burnout analysis. Please verify all df calculations.

In Table 4, the mean difference for marital burnout between groups is reported as 37.412. Given that posttest burnout mean in Table 1 is 30.05, this difference seems mathematically implausible. Please verify the scale range and reported mean differences.

Although the design includes "pretest, posttest, and follow-up assessments," no follow-up results are reported in Tables 1–4. Please include follow-up analyses or revise the design description.

The Olson intervention consisted of ten sessions, while ACT included eight sessions. Please justify this discrepancy. Unequal therapeutic exposure may confound comparative effectiveness.

Response: Revised and uploaded the manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.