

## The Effectiveness of Cognitive Behavioral Therapy on Marital Control and Emotional Regulation Difficulties in Married Women with Family Problems

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The description of the sampling method should provide more detail. Instead of stating "30 married women with family problems were selected through convenience sampling," it should specify the criteria for inclusion and exclusion, and the process of random assignment to groups.

Clarify the activities of the control group. It is mentioned that the control group did not receive any intervention, but it is important to state whether they received any alternative forms of support or counseling to ensure comparability.

The reliability and validity of the Marital Control Scale and Difficulties in Emotion Regulation Scale should be discussed in more detail, including any relevant psychometric properties from the current sample.

Provide a more detailed description of the CBT sessions. For example, the specific content and activities of each session should be outlined, including any materials used and the qualifications of the therapists conducting the sessions.

The description of data analysis should include justification for the use of analysis of covariance (ANCOVA). Explain why ANCOVA was chosen and how it accounts for any potential confounding variables.

Authors revised the manuscript and uploaded the document.

### 1.2. Reviewer 2

Reviewer:

The abstract needs to clearly outline the specific hypotheses tested. For example, "The aim of the present study was to determine the effectiveness of Cognitive Behavioral Therapy (CBT) on marital control and emotional regulation difficulties in married women with family problems." could be followed by specific hypotheses such as "We hypothesized that CBT would significantly reduce marital control behaviors and improve emotional regulation."

The introduction should include more recent references to contextualize the study. For instance, in the paragraph starting with "Disagreement and family problems are inevitable," incorporating recent studies from the past five years would strengthen the rationale for this research.

Key terms such as "marital control" and "emotional regulation difficulties" should be defined early in the introduction to ensure clarity for readers unfamiliar with these concepts.

The results section should include effect sizes for the reported findings. For instance, "the mean score of marital control in the experimental group decreased from 30.85 to 17.45" should be accompanied by effect size statistics to illustrate the magnitude of the effect.

The results of the Kolmogorov-Smirnov test should be elaborated upon. Mention which variables were tested for normality and provide the test statistics and p-values.

The discussion should provide a deeper interpretation of the findings. For example, explain why CBT might have been effective in reducing marital control behaviors and improving emotional regulation difficulties, referencing relevant theories and previous studies.

Authors revised the manuscript and uploaded the document.

## 2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.