

Comparison of the Effectiveness of Acceptance and Commitment Therapy Matrix (ACTM) and Emotion-Focused Therapy (EFT) on Family Adaptability and Emotional Self-Regulation in Women with Marital Conflict

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1. Round 1

1.1. Reviewer 1

Reviewer:

The introduction mentions various adverse effects of unresolved marital conflicts, but lacks recent references. Consider incorporating studies from the past five years to ensure the literature review is up-to-date.

The criteria for participant selection mention literacy, but it is unclear how literacy was assessed. Specify the methods used to determine the literacy levels of participants.

The description of the Circumplex Model by Olson (1999) is detailed but lacks a citation for Olson's 2011 follow-up study mentioned later. Ensure all cited works are included in the reference list.

The emotional self-regulation questionnaire is described, but the internal consistency values reported (e.g., 0.81) should be accompanied by confidence intervals to provide a clearer picture of reliability.

The study's novelty claim is compelling but could be strengthened by contrasting with specific previous studies that have compared similar therapies.

The Shapiro-Wilk test results are mentioned, but without exact values. Including W statistics and p-values for all tests would improve the robustness of the data analysis section.

The F-values and p-values reported in Table 2 need clarification. Consider providing degrees of freedom (df) in the table for each F-value to enhance interpretability.

The statement "ACTM significantly impacted family adaptability" would be more impactful with a direct comparison to other therapy outcomes, using effect size measures (e.g., Cohen's d).

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

The standard deviations (SD) in Table 1 appear rounded to two decimal places. For clarity and precision, consider rounding to one decimal place, consistent with other statistical reports.

"The results indicated that ACTM was significantly effective in the family adaptability component of women with marital conflict ($p < 0.05$) while Emotion-Focused Therapy did not show a significant effect." This sentence would benefit from specifying the exact p-values for both therapies for transparency.

The term "attention thieves" is used without prior introduction. A brief explanation or citation in earlier sections would aid reader comprehension.

The study mentions several studies on marital adaptability but omits a discussion on cultural factors. Consider adding a section on how cultural differences might affect marital adaptability and therapy outcomes.

"No significant outliers were identified." Detail the method used for outlier detection (e.g., Z-scores, IQR method) to ensure transparency in data cleaning procedures.

The limitations section is thorough but lacks consideration of potential biases introduced by self-report measures. Discuss how these biases might have impacted the findings and suggest ways to mitigate them in future research.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.