




Effectiveness of Ellis's Rational Emotive Behavior Therapy on Marital Beliefs and Marital Satisfaction in Women Affected by Infidelity

Ronaka. Abrishami Savojbolaghi¹, Mahdiah. Rahmanian^{2*}



¹ Master's Student, Department of Psychology, Payame Noor University, Tehran, Iran
² Associate Professor, Department of Psychology, Payame Noor University, Tehran, Iran

* Corresponding author email address: m.rahmanian@pnu.ac.ir

Editor

Valiollah Farzad
Department of Psychology and
Counseling, KMAN Research
Institute, Richmond Hill, Ontario,
Canada
v.farzad@kmanresce.ca

Reviewers

Reviewer 1: Kamdin Parsakia
Department of Psychology and Counseling, KMAN Research Institute, Richmond
Hill, Ontario, Canada. Email: kamdinparsakia@kmanresce.ca
Reviewer 2: Mohammad Masoud Dayarian
Assistant Professor, Department of Counseling, Khomeinishahr Branch, Islamic
Azad University.Komeinishar/Isfahan,Iran. dayariyan@iaukhsh.ac.ir

1. Round 1

1.1. Reviewer 1

Reviewer:

The discussion on the impact of infidelity on women's mental health could benefit from including more recent references (e.g., studies post-2020) to enhance the relevance and timeliness of the background information.

The description of the "ENRICH Marital Satisfaction Scale" lacks detail on its psychometric properties (e.g., validity and reliability in the study's specific context). It would be beneficial to elaborate on how these properties were assessed for the Iranian population.

The description of the first REBT session would benefit from specifying the types of assessment tools or questionnaires used during the "thorough assessment" to ensure clarity and replicability.

The process of challenging irrational beliefs is crucial in REBT. Including examples of specific irrational beliefs commonly encountered in the context of marital infidelity and how they were challenged during therapy sessions would enhance the reader's understanding of the therapeutic process.

The article mentions the use of MANOVA but does not provide details on the assumptions checked before conducting this analysis. Discussing how assumptions such as homogeneity of variance-covariance matrices were tested would be important for the robustness of the analysis.

The table presents means and standard deviations but does not include confidence intervals or effect sizes. Adding these statistics would provide a more comprehensive understanding of the data's precision and the magnitude of the intervention's effects.

The sentence, "The Shapiro-Wilk test indicated that the distribution of scores was normal," would benefit from including the specific p-values obtained from the test for both the relationship beliefs and marital satisfaction variables.

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

The statement, "Ellis's Rational Emotive Behavior Therapy (REBT) is based on the belief that the root of many psychological and behavioral problems lies in individuals' irrational and incorrect beliefs," could be expanded by briefly explaining the ABC model (Activating event, Belief, Consequence) which is central to REBT, for readers unfamiliar with this therapeutic approach.

The article mentions "Vislă et al. (2016)" but does not provide sufficient context or detail about the study's methodology or findings. A brief description of the study's sample size, methodology, and key findings would help readers understand its relevance to the current research.

The sampling method described as "convenience sampling" may introduce bias. Consider discussing the potential limitations of this method and its impact on the generalizability of the results. Also, mention any strategies employed to mitigate this bias.

The discussion on the reduction of irrational beliefs post-intervention could be strengthened by integrating a comparison with findings from other similar studies. This would contextualize the results within the broader field of psychotherapy for infidelity.

The statement, "REBT significantly increased marital satisfaction among women affected by infidelity," should be supported with detailed references to specific findings or direct quotations from participants (if available) to provide richer qualitative insights into the quantitative results.

The discussion would benefit from acknowledging any contradictory findings in the literature regarding the effectiveness of REBT on marital satisfaction. This would provide a more balanced and critical perspective on the results.

The conclusion suggests that REBT can improve marital satisfaction but does not discuss the potential limitations of REBT, such as its dependency on the client's cognitive capabilities or cultural factors that might influence its effectiveness. Addressing these aspects would make the conclusion more nuanced.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.