




## The Effectiveness of Emotion-Focused Therapy on Emotional Suppression and Distress Tolerance in Divorced Women

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The paragraph beginning with "Emotional suppression is a coping style..." needs additional contemporary sources. While citations from 2019 and 2021 are included, this section could benefit from more recent studies (post-2021) to reflect the latest findings in emotional regulation and suppression.

The description of the sample population, particularly the selection criteria, should include more detail regarding how participants were screened for inclusion. For example, how was psychiatric disorder exclusion determined? Were there any psychological assessments used?

The discussion of effect sizes in the results section (e.g., "The effect size for emotional suppression was 84.3%") would benefit from additional interpretation. What do these large effect sizes suggest about the practical significance of the findings? Consider providing more context for these numbers.

The discussion in the paragraph starting with "In explaining the effectiveness of emotion-focused therapy..." could benefit from connecting the results more explicitly to the theoretical framework of emotion-focused therapy. How do these results support or challenge existing theories on emotional regulation?

The comparison of this study's results to other studies (e.g., Zohrabnia et al., 2021; Hedayati et al., 2020) is limited. Including a more in-depth comparison of how the current findings align with or diverge from past research on EFT in populations similar to divorced women would enhance the scholarly discussion.

The sample size of 40 participants is relatively small for a quasi-experimental design. In the limitations section, it would be useful to address how the small sample size may have impacted the study's power and generalizability.

The reliance on self-report measures (Weinberger Emotional Suppression Questionnaire and Simons and Gaher Distress Tolerance Scale) introduces potential bias. Consider including a more explicit discussion of how this may have influenced the results and whether future studies might include more objective measures.

The two-month follow-up period may not be long enough to fully assess the sustainability of the therapy's effects. In the "Limitations" section, suggest extending follow-up periods in future studies to provide a clearer understanding of long-term outcomes.

Authors revised the manuscript and uploaded the document.

### 1.2. Reviewer 2

Reviewer:

The use of purposive sampling needs further justification in the "Methods and Materials" section. It is important to explain why purposive sampling was selected over random sampling, given that the study aims to generalize the findings to a broader population of divorced women.

The explanation of the emotion-focused therapy (EFT) intervention lacks detailed descriptions of the therapeutic techniques used in each session. For example, the "empty chair" technique is mentioned briefly, but no details are provided on how it was applied within the sessions. Consider expanding on the intervention process to improve replicability.

The article mentions that the control group received the intervention after the follow-up. However, it does not clarify if any monitoring or ethical considerations were in place for the control group during the study. A sentence explaining ethical handling of the control group would improve transparency.

In Table 2, while the results for emotional suppression and distress tolerance are presented, the article does not discuss the rationale for selecting repeated measures ANOVA. Including an explanation for why this analysis was chosen over other potential methods, such as mixed-model ANOVA, would strengthen the methodology.

The presentation of statistical results in Table 3 could be improved by including confidence intervals for the mean differences, providing a clearer sense of the precision of the estimates.

The explanation of the mechanisms by which EFT improves emotional suppression and distress tolerance could be expanded. For example, the discussion could benefit from a more detailed explanation of how addressing unresolved emotions in EFT leads to changes in distress tolerance.

Authors revised the manuscript and uploaded the document.

## 2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.