

The Effectiveness of Sexual Cognitive-Behavioral Therapy on Psychological Functioning and Self-Control in Married Women


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1. Round 1

1.1. Reviewer 1

Reviewer:

"The introduction provides an adequate overview of the importance of sexual functioning in women's health, but the connection to the study's aim needs to be more explicit. You mention psychological issues like depression, anxiety, and stress, but how does sexual functioning directly relate to these conditions in your research? Clarifying this link will strengthen the foundation of your study."

"You state, 'Sexual dysfunction leads to psychological problems, one of which is impaired psychological functioning.' Please provide more specific evidence to support this claim. Including a brief summary of recent studies on the link between sexual dysfunction and psychological issues would increase the credibility of this argument."

"The explanation of sexual dysfunction and its impact on psychological health is clear, but there is a lack of transition between this and the introduction of sexual cognitive-behavioral therapy (CBT) as a potential solution. A clearer bridge between these two topics would help guide the reader more effectively through the narrative."

"You reference various studies (e.g., Mirzaei et al., 2016) in discussing depression, anxiety, and stress. It would be beneficial to more clearly link how these conditions specifically interact with or exacerbate sexual dysfunction in the context of women's health. A deeper exploration of these factors could help position your research as a timely and relevant study."

"You conclude that sexual CBT is likely effective in improving self-control, but this conclusion could be more specific. How did sexual CBT compare to other therapeutic methods in improving self-control? A comparison with alternative therapies (e.g., mindfulness, psychoeducation) would add depth to your analysis."

"The discussion of self-control is insightful, but it would be helpful to include more empirical evidence linking self-control to sexual functioning issues. Can you cite studies that explicitly connect low self-control with sexual dysfunction in women, or provide data on how self-control can directly impact sexual satisfaction?"

"Although the article introduces the issue of sexual dysfunction and its consequences, a more detailed literature review of previous studies on sexual cognitive-behavioral therapy (CBT) in the context of women's sexual health would be helpful. Specifically, how have other studies assessed the impact of CBT on psychological functioning and self-control in women? Expanding the literature review will provide a stronger foundation for your study."

"The hypothesis is presented clearly; however, it might be more compelling if you emphasize the novelty of your research. Is sexual CBT an underexplored area in addressing sexual awareness, psychological functioning, and self-control? Highlighting the gap your study aims to fill would increase the perceived significance of your work."

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

"The inclusion criteria specify that participants must have been married for at least six months to one year. Could you elaborate on why this timeframe was chosen? Does research suggest that sexual functioning issues emerge after this period? Providing justification for this criterion would make your methodology more robust."

"You mention purposive sampling but also indicate random assignment to groups. This needs clarification. Typically, purposive sampling and random assignment are mutually exclusive. Please revise to explain how random assignment works within the context of a purposive sampling method or reconsider the terminology used."

"In Table 2, you report significant differences between the experimental and control groups. However, it would be helpful to present effect sizes (e.g., Cohen's d) to provide readers with a better understanding of the practical significance of these results, beyond just statistical significance."

"The results indicate a significant difference between the experimental and control groups, but there is limited discussion on the statistical power of the analysis. Please include a discussion of power analysis to clarify the robustness of your findings."

"You explain the cognitive restructuring techniques used in sexual CBT effectively. However, this section would benefit from a more direct connection to the findings. How exactly did these techniques lead to improvements in sexual functioning and psychological health in your sample? Specific examples or participant feedback would strengthen this section."

"The use of systematic desensitization is mentioned, but there is little detail on how this technique was implemented in the context of sexual dysfunction. Please provide more detail on the process of desensitization for sexual issues, including any specific situations or exercises used in therapy."

"You mention that '30 individuals (15 in the experimental group and 15 in the control group) were selected.' It would be beneficial to discuss whether any baseline differences between these groups were assessed, particularly regarding sexual functioning, psychological health, or self-control. Were these groups comparable at the start of the study?"

"You report significant differences between the experimental and control groups but do not provide any specific data on the pre-test scores. Including this information would allow readers to assess the extent of improvement and help compare the effectiveness of the intervention."

"The section on systematic desensitization could be further developed by explaining how the desensitization process specifically addresses sexual anxiety. What kind of real-life scenarios or triggers were participants exposed to during therapy? Expanding on this point will clarify how desensitization was integrated into the intervention."

Authors revised the manuscript and uploaded the document.



2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.