






## The Effectiveness of Group Cognitive Behavioral Therapy on Psychological Flexibility and Psychological Hardiness in Female Heads of Household

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

In the Introduction, the sentence "Despite increasing trends in delayed marriage, rising divorce rates, and greater life expectancy, the population of female heads of households has grown" could be supported with specific statistical data or references from recent demographic studies to strengthen the argument.

The Measures section, specifically the Psychological Flexibility subsection, refers to the Dennis and Vanderwal (2010) questionnaire. Including the exact reliability and validity scores from the current study alongside those from previous studies would enhance transparency.

In the Psychological Hardiness subsection, the statement "The scale evaluates three dimensions of hardiness: commitment, control, and challenge" could include a brief explanation of how each dimension was measured within the study for clarity.

The Data Analysis section mentions "Data were analyzed using SPSS version 26." Including a rationale for selecting ANCOVA over other statistical tests would strengthen the methodological rigor.

In Table 1, the pretest and posttest mean scores are presented, but the table does not include confidence intervals for the means. Adding confidence intervals would enhance the reader's understanding of the data's precision.

In the Findings and Results section, the sentence "The results of the Kolmogorov-Smirnov test confirmed that the distribution of the variables was normal" could include the actual test statistic and p-value for completeness.

Table 2 presents the results of ANCOVA for psychological flexibility. Including a post-hoc test or pairwise comparison analysis would provide a more detailed understanding of the group differences.

In the Discussion on psychological hardiness, the sentence "CBT reduces psychological issues such as stress, anxiety, and depression" could be supported with specific findings from the current study, such as effect sizes, to link it directly to the intervention's outcomes.

Authors revised the manuscript and uploaded the document.

### 1.2. Reviewer 2

Reviewer:

The introduction mentions "Flexibility enables individuals to respond effectively to emotional, social, and environmental pressures and challenges." Expanding on how psychological flexibility has been operationalized in previous research would provide a stronger theoretical foundation.

In the Methods and Materials section, under Study Design and Participant, the sentence "The sample included 30 female heads of household, selected through purposive non-random sampling and randomly assigned to one of two groups" should clarify how random assignment was conducted after non-random sampling to avoid confusion about the sampling method.

The Intervention section outlines the CBT sessions. In Session 2, where it mentions "Participants practice distinguishing between helpful and unhelpful thinking," providing an example of the cognitive distortions discussed would make this more concrete.

In Table 3, similar to Table 2, providing the exact values for partial eta squared and interpreting their magnitude (e.g., small, medium, large effect) would add depth to the analysis.

In the Discussion, the sentence "Role-playing not only involves the cognitive evaluation and restructuring of experienced feelings and beliefs but also provides emotional release" could be strengthened by linking it to existing literature on the effectiveness of role-playing in CBT interventions.

The section discussing psychological flexibility states, "Experiential avoidance involves efforts to control or minimize the impact of distressing experiences." It would be useful to explain how this concept was operationalized in the current study, beyond the use of the questionnaire.

Authors revised the manuscript and uploaded the document.

## 2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.