

The Effectiveness of Quality of Life Therapy on Ego Strength and Psychological Empowerment in Women with Inadequate Spousal Support

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1. Round 1

1.1. Reviewer 1

Reviewer:

The introduction is comprehensive but lacks a clearly delineated knowledge gap. Please add one or two sentences summarizing what remains unexplored about QoLT's mechanisms compared with other interventions (e.g., ACT, CBT, or narrative therapy) to justify the novelty of your study.

Please ensure that all cited works (e.g., Brashears et al., 2020; Islami et al., 2020) directly support ego development in women. Several references are general personality studies—consider adding specific citations on ego strength interventions in female populations.

This paragraph is valuable but would be strengthened by including statistical data or national prevalence rates of women experiencing inadequate spousal support in Iran to situate the study's significance empirically.

While the discussion integrates theory effectively, it could further explore mechanisms of change—e.g., whether cognitive reappraisal, goal congruence, or meaning-making mediates the observed effects. Proposing such pathways enhances theoretical contribution.

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

This section provides rich conceptual depth but could benefit from a clearer link between Eriksonian ego theory and QoLT's CASIO model. How exactly do the five CASIO components enhance ego development stages like "fidelity" or "will"? Clarify this theoretical alignment.

This section lists session content descriptively but could include therapeutic techniques (e.g., cognitive restructuring exercises, goal-setting worksheets, reflection journals). Adding such micro-level examples would improve ecological validity.

While F-values and η^2 are reported, the manuscript does not include confidence intervals or pairwise post-hoc comparisons (e.g., Bonferroni) across pretest–posttest–follow-up stages. Including these would clarify the direction and persistence of changes.

This phrasing implies causality; however, as this was a quasi-experimental design with a small sample, consider rephrasing to "suggests effectiveness" or "is associated with improvement" to maintain methodological caution.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.