

# The Effectiveness of Schema Therapy on Marital Burnout, Sexual Self-Efficacy, and the Feeling of Loneliness in Women within the Family


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## 1. Round 1

### 1.1. Reviewer 1

Reviewer: The study addresses an important aspect of family counseling, focusing on the effects of schema therapy on critical components of marital relationships.

The sample size of 30 individuals, although adequate for a preliminary study, is relatively small. Future studies could benefit from a larger and more diverse sample to enhance the generalizability of the findings.

The study could be strengthened by a more detailed analysis of the demographic characteristics of the participants to understand better the impact of schema therapy across different subgroups.

Including a follow-up assessment would be beneficial to evaluate the long-term effects of schema therapy on marital exhaustion, sexual self-efficacy, and loneliness.

Authors revised the manuscript and uploaded the document.

### 1.2. Reviewer 2

Reviewer: The article presents significant findings on the effectiveness of schema therapy in improving marital relationships. However, further research with larger, more diverse samples, and incorporating longitudinal data, would be valuable to consolidate these findings and explore the therapy's broader applicability.

+ The research methodology is well-structured, with clear definitions of the tools used for data collection and analysis, which provides a strong foundation for the study.

+ The use of a control group and the random allocation of participants to the experimental and control groups enhance the study's validity.

- The study primarily relies on self-reported measures, which can introduce biases. Future research could incorporate more objective methods or triangulate data with qualitative interviews or observations.

- The research is limited to a specific geographical location (Sari city). Expanding the research to different regions could provide more comprehensive insights into the effectiveness of schema therapy in diverse cultural settings.

- The discussion section could benefit from a more critical evaluation of the limitations of the study and how they might impact the findings and their interpretation.

Authors revised the manuscript and uploaded the document.

## 2. Revised

Editor's decision: Accepted.

Editor in Chief's (The editor) decision: Accepted.