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## Comparison of the Effectiveness of Acceptance and Commitment Therapy and Solution-Focused Therapy on Marital Quality of Life and Sexual Communication Intelligence in Couples with Marital Conflicts

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The term “sexual communication intelligence” is introduced, but its distinction from similar constructs such as sexual satisfaction and sexual intimacy is not clear. Adding a brief differentiation would strengthen the conceptual foundation.

The introduction describes marital conflict but lacks a clear theoretical framework linking ACT and SFT to resolving these conflicts. Consider adding a section that explicitly outlines how each therapy addresses conflict mechanisms.

The statement “One group underwent Solution-Focused Therapy in eight 90-minute sessions, while the other group received Acceptance and Commitment Therapy in ten 90-minute sessions.” should clarify whether different session durations or frequencies might have influenced the comparative effectiveness.

While statistical significance is reported, effect sizes (e.g., Cohen’s  $d$ , partial eta squared) are not consistently presented. Adding effect size measures would allow for a better understanding of the clinical relevance of the findings.

The discussion highlights ACT’s effectiveness but does not elaborate on how ACT leads to improvement (e.g., via increased psychological flexibility, reduced experiential avoidance). Including more process-based explanations would add theoretical depth.

Response: Revised and uploaded the manuscript.

### 1.2. Reviewer 2

Reviewer:

The hypotheses are clearly stated, but the rationale for why ACT is expected to be more effective than SFT is not well developed. Including a theoretical or empirical basis would help justify this prediction.

The statement “From this population, 45 couples were selected using purposive sampling.” raises concerns about potential selection bias. Could you clarify how this method ensures representativeness, or whether randomization was applied after selection?

The sentence “The follow-up results revealed a slight decrease in marital quality of life scores for both experimental groups but still significantly higher than their pretest levels.” would be clearer with explicit numerical values or statistical comparisons to indicate the degree of retention.

The results include Bonferroni post hoc tests but do not justify why this method was chosen over others (e.g., Tukey, Scheffé). A brief explanation of why Bonferroni was deemed appropriate would enhance statistical transparency.

While the discussion contrasts findings with prior studies, some inconsistencies are noted but not deeply analyzed. For instance, “These findings are inconsistent with those of Mir Arab Razi et al. (2024) and Mir Arab Razi et al. (2023),” should explore potential reasons for divergence, such as differences in sample characteristics or intervention duration.

Response: Revised and uploaded the manuscript.

## 2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.