





Effectiveness of Acceptance and Commitment Therapy on the Psychological Well-Being of Couples Referring to the Dispute Resolution Council

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E d i t o r	R e v i e w e r s
Shahram Vahedi  Professor, Department of Educational Psychology, Faculty of Educational Sciences and Psychology, Tabriz University, Tabriz, Iran vahedi117@yahoo.com	Reviewer 1: Ali Akbar Soleymanian  Associate Professor of Counseling Department, Bojnord University, Iran. Email: Soleymanian@ub.ac.ir Reviewer 2: Fahime Bahonar  Department of counseling, Universty of Isfahan, Isfahan, Iran. Email: Fahime.bahonar@edu.ui.ac.ir

1. Round 1

1.1. Reviewer 1

Reviewer:

The section on ACT in the introduction (p. 258) mentions six core processes but does not cite the original work by Hayes et al. (1999). Adding this citation would provide theoretical grounding for the therapeutic approach discussed.

In the methods section, the sentence "A purposive sampling method was used to select 30 participants..." (p. 259) needs clarification on how participants were approached and selected. Were they contacted directly at the council, or through other means?

In Session 2 of the intervention (p. 262), the use of the "struggle switch" metaphor is noted. Adding a reference to Harris (2009), who popularized this metaphor in ACT literature, would strengthen the theoretical framework.

The data analysis section (p. 263) indicates that repeated measures ANOVA was used. It would be helpful to include a justification for using ANOVA instead of mixed-effects models, which might better account for individual variability over time.

The sentence "ACT employs metaphors, exercises, paradoxes, and linguistic interventions..." (p. 267) could benefit from specific examples from the study's sessions, illustrating how these techniques were applied.

The discussion of psychological flexibility (p. 268) references Hayes et al. (2013) but could be expanded by discussing more recent studies that highlight the link between psychological flexibility and marital well-being.

The limitations section (p. 270) notes the use of self-report questionnaires. It would be valuable to suggest specific observational measures or partner reports that could complement self-report data in future studies.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

The inclusion criteria on p. 260 state, "absence of specific physical or psychological disorders." Given the psychological focus of the study, specifying how this was assessed (e.g., through self-report or clinical assessment) would improve methodological transparency.

The Ryff Psychological Well-Being Scale description on p. 260 mentions its reliability in Iran. Including more recent studies validating this scale in similar populations would enhance the reliability argument.

The intervention section (p. 261) states that the ACT program was developed by Tarkhan (2017). Clarifying whether any cultural adaptations were made for the Omidiyeh population would be beneficial, as ACT techniques may need cultural tailoring.

The findings section (p. 264) presents descriptive statistics, but the reported standard deviations for some dimensions (e.g., Environmental Mastery in the control group) seem high. Discussing potential reasons for this variability would add depth to the results interpretation.

Table 2 (p. 264) shows no significant effect on positive relations and environmental mastery. The discussion should explore why ACT, which emphasizes interpersonal flexibility, did not significantly impact these dimensions.

The discussion (p. 266) mentions "improving and strengthening self-compassion," but this was not measured in the study. Including measures of self-compassion in future research would provide a more comprehensive understanding of ACT's effects.

The statement "ACT explained 62.1% of the variance in self-acceptance..." (p. 265) needs a confidence interval or more detail on how effect sizes were computed to enhance statistical rigor.

The intervention description (p. 262) states that sessions were conducted twice a week. Discussing whether this frequency aligns with standard ACT protocols would provide context on treatment intensity.

The sentence "ACT teaches individuals that their future happiness and success are not determined by past negative and uncontrollable events..." (p. 269) could be supported by empirical studies demonstrating ACT's impact on cognitive reframing in similar populations.

Response: Revised and uploaded the manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.