







The Effectiveness of Emotionally Focused Couple Therapy on Self-Differentiation and Intolerance of Uncertainty in Couples Seeking Divorce

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E d i t o r	R e v i e w e r s
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1. Round 1

1.1. Reviewer 1

Reviewer:

In the introduction, you write “Couples seeking divorce often experience negative emotions, psychological harm, and a lack of forgiveness”. While important, this statement would benefit from more empirical evidence or recent statistics to contextualize the growing prevalence of divorce.

The paragraph starting “Another relevant concept in couples seeking divorce is self-differentiation” appears abruptly. Consider adding a transition sentence linking intolerance of uncertainty with self-differentiation to justify why both were chosen as outcome variables.

In the introduction's closing sentence "Accordingly, the present study seeks to answer the question...", the rationale is clear, but the research gap is not explicitly highlighted. Please emphasize what is missing in the existing literature that this study uniquely addresses.

In the "Intervention" section, you provide a session-by-session outline. However, the description leans toward a mix of EFT and generic cognitive techniques. Please clarify whether the protocol followed Johnson's EFT manual strictly or an adapted hybrid model.

In "EFCT helps couples enhance their emotional awareness, express emotions effectively, and restructure emotional interactions...", please explicitly link how these mechanisms explain the observed changes in self-differentiation and intolerance of uncertainty.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

The introduction states "One critical psychological factor in this context is intolerance of uncertainty—a condition in which individuals are unable to accept the ambiguity of their relationship's future". Please refine whether you are using "condition" in a clinical diagnostic sense, or as a cognitive bias/trait as defined by IU literature.

In the section "Intolerance of uncertainty is defined as a trait...", multiple definitions are presented. It would be clearer if you synthesized them into a structured definition tailored to the study rather than listing several overlapping ones.

In Table 2, you report effect sizes (η^2). Please specify whether these are partial eta squared or generalized eta squared, as interpretations differ.

In the results section you write "the differences in the mean scores for self-differentiation and intolerance of uncertainty across the pretest, posttest, and follow-up stages were 67% and 78%, respectively". Please clarify what these percentages represent (percentage of variance explained? relative improvement?).

The discussion section begins with "The present study aimed to investigate the effectiveness of emotion-focused therapy on intolerance of uncertainty and self-differentiation in couples who have experienced infidelity." This contradicts the title and earlier text, which focus on divorce-seeking couples. Please reconcile this inconsistency.

Response: Revised and uploaded the manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.