




Effectiveness of Couple Therapy Based on Reality Therapy Approach on Marital Forgiveness and Empathy in Couples




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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:

The phrase “marked by persistent conflict” when describing maladaptive relationships is vague. Consider providing a specific example or referencing empirical prevalence data.

Please include n values per group per time point to help readers interpret variability and attrition. Also, ensure consistent formatting for $M \pm SD$ (e.g., spacing around \pm).

Mean differences for the reality therapy group are significant and large (e.g., -17.40 in empathy). Discuss whether such effect sizes are plausible or may reflect demand characteristics or measurement biases.

The sentence “Empowerment programs provide couples...” introduces new terminology not operationalized in the methods section. Specify if “empowerment” refers to the content of the reality therapy intervention.

The statement “marital empathy takes time to develop...” suggests long-term effects. Since your follow-up was only two months, clarify the scope and caution interpretation of lasting impact.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

“Empathy, alongside other communicative elements...” needs citation support for the claim that empathy is a fundamental part of the structure of marital relationships.

The sentence “However, there is still insufficient evidence...” should reference any meta-analyses or previous contradictory findings to justify the research gap more robustly.

The intervention description reads like a session-by-session breakdown. While informative, it lacks information on therapist qualifications, intervention fidelity checks, or session attendance rates.

The extensive elaboration of Glasser’s theory is helpful, but reads more like a literature review. Consider summarizing theoretical components and instead deepen discussion of your findings’ implications.

The phrase “self-control significantly decreases blaming behaviors” is a strong causal claim. Please ensure this is empirically supported or revise to reflect correlation.

Response: Revised and uploaded the manuscript.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.