

## Comparison of the Effectiveness of Cognitive-Behavioral Interventions in Two Approaches: Coaching and Self-Learning on Marital Satisfaction and Intimacy of Couples

Negar. Sedaghat<sup>1</sup>, Majid. Safarinia<sup>2\*</sup>, Elaheh. Sadeghi<sup>3</sup>


<sup>1</sup> Master's in general psychology, Ayandegan Institute of Higher Education, Tonekabon, Iran

<sup>2</sup> Professor, Department of Psychology, Payam Noor University, Tehran, Iran



<sup>3</sup> Assistant Professor, Department of Psychology, Ayandegan Institute of Higher Education, Tonekabon, Iran

\* Corresponding author email address: saffarinia@pnu.ac.ir

### Editor

Sefa Bulut<sup>1</sup>  
Associate Profesor, Head of  
Counseling Psychology and  
Guidance Department, Ibn Haldun  
University, Turkey  
sefa.bulut@ihu.edu.tr

### Reviewers

**Reviewer 1:** Mohammad Masoud Dayarian<sup>1</sup>  
Assistant Professor, Department of Counseling, Khomeinishahr Branch, Islamic  
Azad University.Komeinishar/Isfahan,Iran. dayariyan@iaukhsh.ac.ir  
**Reviewer 2:** Ali Akbar Soleymanian<sup>2</sup>  
Associate Professor of Counseling Department, Bojnord University, Iran. Email:  
Soleymanian@ub.ac.ir

### 1. Round 1

#### 1.1. Reviewer 1

Reviewer:

The definitions of marital satisfaction provided from various researchers seem fragmented. Consider synthesizing them into a coherent conceptual framework.

The 17-item Thompson and Walker scale is introduced, yet no example items are provided. Including 1–2 sample items would aid reader understanding of its content focus.

The summary of the coaching sessions from Clark (2004) is too general. Clarify whether any adaptations were made for cultural relevance or clinical context in Tehran.

There is insufficient detail on the 73-page booklet. Was it piloted or validated? Were comprehension checks or follow-up reminders used?

When citing prior studies (e.g., Akbari et al., 2020), include a brief description of their methodology or findings to illustrate alignment or contrast with the current study.

Response: Revised and uploaded the manuscript.

## 1.2. Reviewer 2

Reviewer:

The research question is clearly stated but would benefit from a more formal hypothesis structure. Consider reframing: “This study hypothesizes that coaching will be more effective than self-learning in improving marital satisfaction and intimacy.”

Include more descriptive statistics (e.g., average years of marriage, employment status) to better contextualize the sample's relational dynamics.

The term “practical significance” is used, but it would be clearer to consistently use “effect size ( $\eta^2$ )” as per APA guidelines and explain the thresholds (e.g., small, medium, large).

This table is informative, but the total number of degrees of freedom is not presented, making the reproducibility of the analysis difficult.

The phrase “provides precise resources to the individual” is vague. Specify what types of cognitive-behavioral techniques were most influential in this context.

Response: Revised and uploaded the manuscript.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.