





Comparison of the Effectiveness of Acceptance and Commitment Therapy and Reality Therapy on the Components of Adaptation in Incompatible Married Individuals

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E d i t o r	R e v i e w e r s
Monika Szczygieł  Department of Psychology, Jagiellonian University, Krakow, Poland monika.szczygiel@uj.edu.pl	Reviewer 1: Masoud Asadi  Assistant Professor, Department of Psychology and Counseling, Arak University, Arak, Iran. Email: m-asadi@araku.ac.ir Reviewer 2: Stephen C. L. Lau  Professor (Assistant) at Washington University in St. Louis, United States. Email: lauc@wustl.edu

1. Round 1

1.1. Reviewer 1

Reviewer:

The sentence, "Marriage, as a foundational institution in societies worldwide, plays a pivotal role in fostering emotional well-being, social stability, and familial cohesion," is overly broad. Consider citing recent empirical studies (e.g., Abedi et al., 2024) to support this claim and ground it in current research.

The discussion on ACT's theoretical foundations is well-articulated, but the citation of Peterson et al. (2009) is outdated. Include more recent studies (e.g., Joulazadeh Esmaeili et al., 2021) to reflect contemporary advancements in ACT research.

The study design is described as quasi-experimental with a pretest-posttest-follow-up framework, but the duration of the follow-up period is not specified. Please clarify how long after the intervention the follow-up assessments were conducted.

The sample selection process is detailed, but the criteria for excluding participants (e.g., presence of severe mental health disorders) are not mentioned. Include these criteria to ensure transparency and replicability.

The description of the Spanier Dyadic Adjustment Scale is comprehensive, but the sentence, "This scale is widely recognized as a reliable tool in family and marriage psychology," should be supported with a citation (e.g., Heyman et al., 1994) to validate its reliability.

The ACT intervention protocol is described in detail, but the specific techniques used (e.g., mindfulness exercises, values clarification) are not listed. Provide a brief overview of these techniques to enhance clarity.

The RT intervention protocol mentions the use of the SMART goal-setting framework, but the acronym is not defined. Define SMART (Specific, Measurable, Achievable, Relevant, Time-bound) for readers unfamiliar with this concept.

The sentence, "The findings of this study reveal significant improvements in marital adjustment and its components," is a strong opening, but the specific statistical values (e.g., F-values, p-values) should be included to provide a more detailed overview of the results.

The cultural context discussion is relevant, but the statement, "In Iran, where marital relationships are deeply influenced by cultural and religious norms," should be supported with a citation (e.g., Akrami, 2022) to provide empirical grounding.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

The explanation of Reality Therapy (RT) is clear, but the sentence, "By helping couples identify their unmet needs and make responsible choices, RT aims to improve communication, reduce conflict, and enhance marital adjustment," should be supported with a specific citation (e.g., Besharat Qaramaleki et al., 2021) to strengthen the argument.

The statement, "While both ACT and RT have demonstrated efficacy in improving marital outcomes, there remains a paucity of research directly comparing their effectiveness," is a strong rationale for the study. However, explicitly mention the gap in research within the Iranian context to justify the study's cultural relevance.

The comparison between ACT and RT is insightful, but the statement, "RT yielded more pronounced and sustained effects, particularly in dyadic cohesion and consensus," should be supported with specific data from Table 2 to substantiate this claim.

The discussion of ACT's effectiveness is well-supported, but the citation of Akhavan Gholami (2019) is not directly linked to the finding on affectional expression. Ensure that each citation directly supports the specific point being made.

The explanation of RT's strengths is clear, but the sentence, "This aligns with the findings of Besharat Qaramaleki et al. (2024), who reported significant improvements in marital adjustment and emotional differentiation," should explicitly state how these findings align with the current study's results.

Response: Revised and uploaded the manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.