




# Comparison of the Effectiveness of Schema Therapy and Mindfulness on Sexual Coldness and Marital Risky Behaviors




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| E d i t o r  | R e v i e w e r s   |
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| Valiollah Farzad <br>Department of Psychology and<br>Counseling, KMAN Research<br>Institute, Richmond Hill, Ontario,<br>Canada<br>v.farzad@kmanresce.ca | <b>Reviewer 1:</b> Thseen Nazir <br>Professor of Psychology and Counseling Department, Ibn Haldun University,<br>Istanbul, Turkey.<br>Email: thseen.nazir@ihu.edu.tr<br><b>Reviewer 2:</b> Abolghasem Khoshkanesh <br>Assistant Professor, Counseling Department, Shahid Beheshti University, Tehran,<br>Iran.<br>Email: akhoshkonesh@sbu.ac.ir |

## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

In the introduction, where you discuss significant cultural changes impacting marriage, consider elaborating on how these changes specifically affect the populations under study. For example, "Significant cultural changes over the past half-century have had substantial impacts on marriage" could include how these trends manifest uniquely in the Isfahan context or among similar demographic groups.

The exclusion criteria should be expanded for clarity. The phrase "mood disorders due to medication use or biological problems" is vague. Specify what types of mood disorders or biological problems you are referencing.

The eta-squared values in Table 2 are impressive but require interpretation. Explain to readers why an eta-squared of 0.844 is considered a large effect size and what that means in practical terms.

The explanation of non-significant results in risky marital behaviors could be clearer. Discuss possible reasons why the intervention didn't show statistical significance and any implications for future research.

The discussion of schema therapy's effectiveness references several studies (e.g., "Early maladaptive schemas can impact various aspects of life"). Connect these references more explicitly to your findings, highlighting similarities or discrepancies.

Authors revised and uploaded the document.

## 1.2. Reviewer 2

Reviewer:

The paragraph defining marital infidelity and burnout (page 2) is dense. It would benefit from clearer distinctions between the constructs. Consider breaking this into two sentences or sections to improve readability.

The introduction could be enhanced by explicitly mentioning which psychological theories support the research's hypotheses. For instance, linking schema therapy to cognitive-behavioral theories would provide a stronger foundation.

In the "Study Design and Participants" section, the justification for using purposive sampling could be expanded. Clarify why this method was selected over others and how it might impact generalizability (e.g., "A total of 45 clients... were selected using purposive sampling").

The section on the Halbert Sexual Desire Index would be stronger if you provided a brief explanation of how its validity and reliability were established within the Iranian context. Did prior studies confirm its applicability here?

When discussing the Marital Risky Behaviors Questionnaire, clarify how total scores translate to real-world implications. For example, what does a score of 25 mean practically for a couple's marital relationship?

The presentation of ANCOVA results on page 6 should be made more digestible. Consider summarizing key outcomes in a few sentences before diving into the detailed statistics.

Provide a more in-depth exploration of alternative explanations for your results. For example, could the setting (Isfahan) or cultural factors have impacted the interventions' effectiveness?

Your explanation of how mindfulness impacts marital satisfaction (page 8) is insightful but could be expanded to discuss the mechanisms. For example, how does "greater emotional awareness" translate to reduced sexual coldness?

The limitations section should be more comprehensive. You mention self-report bias; consider discussing other potential limitations, like cultural variability or the short follow-up duration.

Authors revised and uploaded the document.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.