




# Comparison of the Effectiveness of Residential Group Therapy Based on Acceptance and Commitment Therapy and Cognitive Behavioral Therapy on Meaning in Life and Marital Adjustment in Couples

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E d i t o r	R e v i e w e r s
Maryam Fatehizadeh <sup>id</sup> Professor of Counseling Department, Faculty of Educational Sciences and Psychology, Isfahan University, Iran m.fatehizade@edu.ui.ac.ir	<b>Reviewer 1:</b> Thseen Nazir <sup>id</sup> Professor of Psychology and Counseling Department, Ibn Haldun University, Istanbul, Turkey. Email: thseen.nazir@ihu.edu.tr <b>Reviewer 2:</b> Roodabeh Hooshmandi <sup>id</sup> Department of Psychology and Counseling, KMAN Research Institute, Richmond Hill, Ontario, Canada. Email: roodhooshmandi@kmanresce.ca

## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The opening sentence describes marriage as "the most sacred and complex relationship." This is subjective and may not align with the scientific tone. Rephrase to maintain a neutral academic style.

The section discussing the goals of marriage (e.g., procreation, intimacy) seems culturally specific. Consider adding a The section on ACT (Acceptance and Commitment Therapy) contains theoretical content but lacks clear transitions. Add linking sentences to improve the flow between concepts.

Ensure that the table formatting adheres to journal standards. Label each variable clearly and indicate whether the values presented are means or another statistical measure.

The phrase "almost identical" regarding pre-test scores could be strengthened by including a precise statistical comparison, such as a p-value or effect size.

It would improve clarity to provide a brief interpretation of the ANCOVA results below the table, highlighting the main findings in plain language.

The explanation of CBT's mechanisms is thorough, but consider simplifying technical terms for accessibility, or providing brief definitions for concepts like "downward arrow analysis."

Authors revised and uploaded the document.

## 1.2. Reviewer 2

Reviewer:

The reference to Navabi-Nejad et al. (2023) is outdated for this article published in 2024. Ensure all citations are the most relevant and recent to uphold academic credibility.

The phrase "meaning in life is a sense of existential integrity" is quite abstract. Clarify or provide a brief example of what constitutes existential integrity for better reader comprehension.

The discussion of ACT's impact on psychological flexibility is strong but lacks citations from recent studies that support these mechanisms. Integrate newer research findings.

You mention that ACT helps individuals "accept their emotions and cognitions," but this is repeated multiple times throughout the text. Condense this to avoid redundancy.

Authors revised and uploaded the document.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.