

# A Review of Intervention Approaches in Marital Conflicts




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E d i t o r	R e v i e w e r s
<p>Şennur Tutarel Kışlak Department of Psychology/Faculty of Language, History and Geography, University of Ankara, Ankara, Turkey kislak@ankara.edu.tr</p>	<p><b>Reviewer 1:</b> Mohammadreza Zarbakhsh Bahri Associate Professor, Department of Psychology, Tonekabon Branch, Islamic Azad University, Tonekabon, Iran. Email: M.Zarbakhsh@Toniau.ac.ir</p> <p><b>Reviewer 2:</b> Seyed Ali Darbani Assistant Professor, Department of Psychology and Counseling, South Tehran Branch, Islamic Azad University, Tehran, Iran. Email: Ali.darbani@iau.ac.ir</p>

## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The paragraph beginning with “Culturally, the dynamics of marital conflict...” should be expanded to include examples from Latin American or Middle Eastern contexts to provide broader global representation and avoid cultural bias.

In the sentence “Clinicians often observe that couples who present with high levels of conflict exhibit difficulties in expressing emotions constructively,” consider adding empirical backing (e.g., observational or clinician-reported data) to strengthen the clinical claims.

In the paragraph starting with “In recent decades, researchers and practitioners have developed a range...”, it would be clearer to distinguish whether the referenced studies tested these therapies independently or in integrative formats.

The sentence “Despite the breadth of available interventions...” appropriately highlights the gap in literature but should also address the need for more randomized controlled trials (RCTs), as narrative reviews often lack the rigor of meta-analytic syntheses.

In the paragraph starting with “The quality of the included studies was assessed...,” the use of the CASP checklist is appropriate, but the paper lacks details on inter-rater reliability or number of reviewers—these should be clearly specified to validate the quality appraisal process.

Under Findings and Results, the phrase “A significant body of research focuses on behavioral and cognitive-behavioral interventions...” lacks quantification. Indicating the number or percentage of studies supporting each approach would substantiate the claims.

The authors write, “Schema therapy...brings a more integrative and emotionally focused lens...”—this conceptualization would be more robust if supported by direct theoretical references distinguishing schema therapy from standard CBT.

When discussing “Digital or Technology-Assisted Interventions,” the article would benefit from specifying whether these interventions were synchronous (real-time) or asynchronous, and how that affected user engagement and outcomes.

In the Discussion and Conclusion, the sentence “These emotionally-oriented approaches, by centering vulnerability and responsiveness...” is theoretically sound, but would be more compelling if linked to outcome metrics such as reduced attachment anxiety or depressive symptoms.

The paragraph beginning with “Despite these promising findings...” rightfully critiques the use of self-report measures. However, the authors should also consider suggesting observational methods (e.g., coded couple interactions) as alternatives.

Response: Revised and uploaded the manuscript.

## 1.2. Reviewer 2

Reviewer:

In the Methods and Materials section, the authors state “This narrative review was conducted using a systematic approach...”—the term “systematic” needs clarification. Consider explicitly listing adherence to PRISMA or similar narrative review standards to ensure transparency and reproducibility.

The database selection omits Web of Science, which is a core resource for behavioral sciences. This omission could affect the comprehensiveness of the literature base and should be acknowledged or justified.

The inclusion criteria mention “pre- and post-intervention assessments,” yet the authors do not indicate whether effect sizes were extracted or compared. Including such metrics would add quantitative depth to the descriptive synthesis.

The paragraph beginning with “Emotionally-focused interventions draw on attachment theory...” does not mention any control groups or comparative methods used in the cited studies. Clarifying these methodological elements would improve readers’ evaluation of treatment efficacy.

In the section on communication skills training, the sentence “These findings suggest that structured, skill-based interventions...” would benefit from a discussion on the durability of communication gains post-intervention (e.g., follow-up durations).

The discussion on Systemic and Family Therapy would be strengthened by referencing more current models such as Integrative Behavioral Couple Therapy (IBCT) or Emotionally Focused Family Therapy (EFFT), which are gaining traction.

The statement “Cultural or religious-based interventions... recognizing that beliefs about marriage, gender roles, and conflict resolution are deeply influenced by sociocultural norms” would benefit from including how therapist cultural competence or bias was addressed in these interventions.

## 2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.