



# The Effectiveness of Mindfulness-Based Sex Therapy on Sexual Aversion and Sexual Self-Efficacy




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E d i t o r	R e v i e w e r s
Izet Pehlić  Full professor for educational sciences, Islamic pedagogical faculty of the University of Zenica, Bosnia and Herzegovina izet.pehlic@unze.ba	<b>Reviewer 1:</b> Zahra Yousefi  Assistant Professor, Department of Psychology, Isfahan Branch (Khorasgan), Islamic Azad University, Isfahan, Iran. Email: Z.yousefi1393@khuif.ac.ir <b>Reviewer 2:</b> Mohsen Kachooei  Assistant Professor of Health Psychology, Department of Psychology, Humanities Faculty, University of Science and Culture, Tehran, Iran. kachooei.m@usc.ac.ir

## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The statement “Mindfulness is a practice rooted in Buddhist traditions...” requires more specificity. Please cite foundational sources (e.g., Kabat-Zinn, 1994) and consider clarifying how this spiritual origin has been adapted in clinical psychology to enhance scholarly clarity.

In the phrase “the internal consistency of this tool has been established...”, include more detail on construct validity as well. Mention whether convergent or discriminant validity has been tested in prior studies, especially in the Iranian context.

The description of the Sexual Desire Inventory states “Items 1, 3, 5, 7... are reverse-scored...” but no citation is provided for this scoring rule. Please include the original source or manual details to improve replicability.

The sentence “Assumptions of MANCOVA... were verified using Shapiro-Wilk...” should report actual test statistics or threshold criteria to demonstrate that the statistical assumptions were met. For example, what was the Shapiro-Wilk W value and p?

The narrative highlights changes in means, but lacks confidence intervals or standard error reporting. Including these would increase statistical transparency and better support inferential claims.

The phrase “This reduction suggests that the intervention effectively alleviated sexual aversion symptoms” would benefit from qualifying language (e.g., “may suggest”) given the small sample size and quasi-experimental nature.

The assertion “The intervention’s effects remained stable in the follow-up phase...” should indicate the duration of the follow-up, as “follow-up” is a vague term. Specify whether it was two weeks, one month, etc.

Response: Revised and uploaded the manuscript.

## 1.2. Reviewer 2

Reviewer:

The mention of “Kazem Zadeh Atoofi et al. (2023)...” could be strengthened by briefly explaining what makes mindfulness-based sexual therapy more effective than cognitive-behavioral therapy in orgasmic disorder—perhaps summarizing key mechanisms discussed in that study.

The final sentence “This study seeks to fill this gap...” would be stronger if it explicitly identified the novelty of the research design, such as the cultural context (Iranian couples), the combined measurement of aversion and self-efficacy, or the follow-up assessment.

The reported effect sizes ( $\eta^2$ ) are impressive but should be interpreted in-text with conventional benchmarks (e.g., Cohen’s criteria). Please state whether these effects are considered small, medium, or large.

The use of Bonferroni correction is appropriate; however, clarify whether assumptions of sphericity were met and how that influenced post-hoc choice. Did Greenhouse-Geisser or Huynh-Feldt adjustments alter significance?

Response: Revised and uploaded the manuscript.

## 2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.