





The Effectiveness of Cognitive-Behavioral Family Therapy on Communication Skills, Family Functioning, and Conflict Resolution Styles in Couples with Insecure Attachment Style

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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	Reviewer 1: Mohammad Hassan Ghanifar  Assistant Professor, Department of Psychology, Birjand Branch, Islamic Azad University, Birjand, Iran. Email: ghanifar@iaubir.ac.ir Reviewer 2: Abotaleb Saadati Shamir  Assistant Professor, Department of Educational Sciences, University of Science and Research, Tehran, Iran. Email: psychology@iau.ac.ir

1. Round 1

1.1. Reviewer 1

Reviewer:

The discussion on insecure attachment references multiple studies, such as "Couples with an insecure attachment style are more likely to avoid problems and are also at a higher risk of experiencing violence in their relationships (Loken, 2019)." While this aligns with previous literature, the paper would benefit from a deeper analysis of how attachment insecurity translates into specific conflict resolution deficiencies.

The section states, "The Cronbach's alpha for all items in the questionnaire was reported as 0.73." This reliability is on the lower end for psychological measures. If possible, discuss how this limitation might have influenced measurement precision.

The Family Assessment Device (FAD) is well-established, but its validity among couples specifically dealing with insecure attachment is not discussed. Consider providing information on whether previous studies have validated its use in such populations.

The description of pretest-posttest comparisons lacks effect sizes. While p-values indicate statistical significance, reporting Cohen's d or partial eta-squared for key comparisons would improve the interpretation of the results.

The statement "Cognitive-behavioral family therapy has had a significant impact on improving the ability to receive and send messages, emotional control, listening skills, insight into the communication process, and assertive communication." could

be further supported by discussing how the therapy differentially impacted these skills—were some more responsive to intervention than others?

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

The research question is well-articulated; however, it lacks a clear hypothesis. Instead of just stating, "Does cognitive-behavioral family therapy improve communication skills, family functioning, and conflict resolution styles?", consider explicitly stating the expected outcome based on previous literature.

The paper states that "30 couples were selected using convenience sampling." While the choice of convenience sampling is justifiable, the study would benefit from a discussion of its limitations in the Discussion section, particularly regarding external validity.

The authors mention that "Among them, 30 couples who scored lower on the questionnaires and demonstrated a need for training were selected and randomly assigned to two groups." The phrase "randomly assigned" requires further clarification—was it simple randomization, stratified randomization, or another method?

The first session description states, "participants were introduced to the nature of their condition." This phrasing is ambiguous. It would be clearer if the authors specified whether this condition refers to attachment insecurity, marital dissatisfaction, or another issue.

The description of cognitive restructuring in this session is somewhat brief. Since cognitive restructuring is a central mechanism in cognitive-behavioral therapy, adding more details on how it was applied in a family setting would enhance clarity.

The Conflict Tactics Scale (CTS) is a widely used tool; however, given the sensitive nature of assessing conflict and aggression in couples, was any special consideration given to ethical concerns or participant safety during administration?

The authors conclude that "CBFT is effective in improving conflict resolution styles among couples." However, given the sensitive nature of measuring conflict, consider addressing whether self-report bias could have influenced the results.

The discussion states, "The results of this study align with the findings of Baucom et al. (2019), which demonstrated that the cognitive-behavioral family therapy model contributes to increased life satisfaction." Since life satisfaction is a broader construct, explicitly linking it to the study's dependent variables (communication skills, family functioning, and conflict resolution) would strengthen this argument.

The section argues that CBFT fosters "empathy and intimacy." These variables were not directly measured in the study, so this claim needs to be either supported by indirect findings (e.g., improved communication) or rephrased to reflect the study's scope.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.