






The Effectiveness of Schema Therapy on Marital Relationships and Cognitive Emotion Regulation in Couples on the Verge of Divorce

Seyedeh Fatemeh. Abedi¹, Sahar. Ashoori², Mehdi. Jalili³, Arezoo. Aminzadeh^{4*}, Bahar. Shirani⁵

¹ Master of Clinical Psychology, Ayatollah Amoli Branch, Islamic Azad University, Amol, Iran

² Master of Family counseling, Kharazmi University, Tehran, Iran

³ Master of Clinical Psychology, Iran University of Medical Sciences, Tehran, Iran

⁴ Master of General Psychology, Sari Branch, Islamic Azad University, Sari, Iran

⁵ Master Student of General psychology, Raghieb Isfahani Institute of Higher Education, Isfahan, Iran

* Corresponding author email address: arezo.aminzadeh@gmail.com

E d i t o r	R e v i e w e r s
Anela Hasanagic  Full Professor, Department of Psychology, Faculty of Islamic Education, University of Zenica, Bosnia and Herzegovina anela.hasanagic@unze.ba	Reviewer 1: Sara Nejatifar  Department of Psychology and Education of People with Special Needs, Faculty of Educational Sciences and Psychology, University of Isfahan, Isfahan, Iran. Email: s.nejatifar@edu.ui.ac.ir Reviewer 2: Kamdin. Parsakia  Department of Psychology and Counseling, KMAN Research Institute, Richmond Hill, Ontario, Canada. Email: kamdinarsakia@kmanresce.ca

1. Round 1

1.1. Reviewer 1

Reviewer:

While the opening contextualizes marriage as a sacred institution, the language used (“divine blessing,” “celestial union”) introduces theological framing that may be inappropriate for a scientific journal. Consider revising to a neutral tone aligned with psychological discourse.

The research question is presented as a yes/no inquiry. For a scientific manuscript, it would be preferable to frame it as a hypothesis to enhance analytical rigor (e.g., “It was hypothesized that...”).

The description of the intervention protocol is well-developed, but lacks detail on therapist training or fidelity monitoring. Please include how therapist adherence to the schema therapy protocol was ensured.

While the statistical methods are sound, there is no mention of tests for sphericity or how violations (if any) were corrected (e.g., Greenhouse-Geisser). Include this detail for methodological transparency.

The table title should reflect all variables it presents (e.g., “Marital Relationship Quality and Cognitive Emotion Regulation”). Currently, the label is ambiguous.

The explanation of schemas as “resistant forces against change” is accurate but overly general. Add empirical support or cite theoretical models to back this claim.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

The citation of Fincham and Bradbury (1987) lacks integration with current literature. The article would benefit from referencing more recent sources to demonstrate the evolution of thinking about marital relationship quality.

The link between emotion regulation and specific disorders (e.g., depression, anxiety) is mentioned but not elaborated with mechanistic detail. Consider deepening this explanation or referencing relevant meta-analyses.

The paragraph introduces schema therapy without clearly differentiating it from standard cognitive-behavioral approaches. Please clarify how schema therapy uniquely addresses long-standing relational issues.

The text interpretation of ANOVA results is oversimplified. Consider reporting exact F-values, p-values, and effect sizes in the paragraph rather than relying solely on the table.

The format of the tables could be improved for readability. Add gridlines or shade alternating rows and ensure column headings clearly align with the respective data.

The paragraph mentions consistency with previous findings but fails to explain in what specific ways. Integrate how your findings align or diverge from each cited study (e.g., sample type, intervention duration, outcomes).

Response: Revised and uploaded the manuscript.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.