




The Effectiveness of Compassion-Focused Therapy on Negative Meta-Emotions and Sexual Self-Efficacy in Women Affected by Extramarital Relationships




Parisa. Maghbareh¹, Parisa. Mardani², Alireza. Faghih Tabaghdehi^{3*}

¹ Master's in Family Counseling, Department of Counseling, Feizoleslam Non-Profit Higher Education Institute, Khomeinishahr, Isfahan, Iran

² M.A., Department of Counseling, Ardakan Branch, Islamic Azad University, Ardakan, Iran

³ M.A., Department of Family Counseling, Guilan University, Rasht, Iran

* Corresponding author email address: falireza@gmail.com

E d i t o r	R e v i e w e r s
Donatella Di Corrado  Associate Professor, Department of psychology, Kore University of Enna, Enna, Italy donatella.dicorrado@unikore.it	Reviewer 1: Ali Khodaei  Department of Psychology, Faculty of Educational Sciences and Psychology, Payam Noor University, Tehran, Iran. Email: alikhodaei@pnu.ac.ir Reviewer 2: 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 sentence “One of the most disruptive consequences... is the emergence of negative meta-emotions...” should be strengthened by citing a foundational theory (e.g., emotional regulation theory or trauma theory) to anchor this claim.

The phrase “CFT incorporates mindfulness, imagery, and cognitive techniques...” should cite Gilbert (2009) directly to strengthen the connection between theoretical source and intervention structure.

The section describing “Emotional Regulation and Compassionate Mindfulness” lacks mention of how outcomes were measured session-to-session. Consider clarifying whether participants self-rated progress or the therapist tracked change qualitatively.

While the urban sample is noted, the text could go further by stating how Tehran’s sociocultural norms might differ from rural populations, potentially affecting therapy receptiveness.

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

The statement “...limited access to specialized support services” would be enhanced by briefly citing a local or regional study demonstrating the scarcity of culturally competent post-infidelity psychological care in Iran.

In “Participants were randomly assigned to an intervention group...”, please specify the method of randomization (e.g., block randomization, computer-generated sequence) to ensure replicability.

While internal consistency is reported (Cronbach’s alpha), please include the alpha coefficient for your current sample to confirm internal validity within your dataset.

The caption of Table 1 should specify that the values refer to pre- and post-intervention scores for each group, not just mean and SD values in general. This clarification helps avoid misinterpretation.

The phrase “...targeted compassion-based interventions not only reduce internal distress...” could be enhanced by elaborating on the psychological mechanisms underlying this reduction, such as activation of the vagus nerve or reduction of cortisol.

The statement “...reclaim their emotional equilibrium and sense of bodily autonomy” could benefit from citing somatic trauma recovery literature (e.g., van der Kolk, 2014) to support the idea of body-based recovery.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor’s decision: Accepted.

Editor in Chief’s decision: Accepted.