

# Enhancing Family Connectedness and Resilience Through Emotionally Focused Therapy: A Randomized Controlled Trial

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

"A randomized controlled trial was conducted with 40 couples..." The sample size of 40 couples (80 participants) is relatively small. Consider discussing potential limitations of the sample size and how it might affect the generalizability of the findings.

"Data were analyzed using ANOVA with repeated measurements and Bonferroni post-hoc tests..." It would be beneficial to mention the effect sizes and their interpretation to give a clearer picture of the practical significance of the findings.

"Research has consistently shown that family connectedness plays a significant role in protecting individuals..." The literature review is comprehensive, but it could benefit from including more recent studies, especially those published in the last two years.

"The control group will not receive any therapeutic intervention..." It would be helpful to explain why no placebo or alternative intervention was provided to the control group to control for placebo effects and other confounding variables.

"The FCS is a well-validated instrument..." While the reliability and validity of the FCS and FRAS are mentioned, providing more detail on their psychometric properties (e.g., specific alpha values from previous studies) would strengthen the justification for their use.

"The intervention group showed significant improvements..." The results section could be improved by including effect sizes (e.g., Cohen's  $d$ ) for the changes observed in family connectedness and resilience.

"ANOVA results indicate significant main effects of time..." It is important to mention whether the assumptions of ANOVA (e.g., homogeneity of variance, sphericity) were met and any corrections made if they were violated.

"The significant improvement in family connectedness observed..." Consider discussing how the observed improvements in family connectedness and resilience compare with similar studies using different therapeutic approaches.

"These findings suggest that EFT can be a valuable therapeutic approach..." Discuss potential practical applications of the findings in clinical settings and any recommendations for practitioners.

Ensure all references cited in the text are included in the reference list. There are instances where studies are referenced (e.g., "Murphy and McKenzie, 2015") but are not found in the reference section.

Authors revised the manuscripts and uploaded the new document.

## 1.2. Reviewer 2

Reviewer:

"Resilience on the other hand is the family's ability to withstand and recover from adversity..." This definition of resilience could be enhanced by including a more detailed description of the dimensions and factors contributing to family resilience as discussed in current literature.

"To be eligible couples must be cohabiting or married for at least one year..." The criteria for "moderate levels of relationship distress" should be specified in more detail, including the cutoff scores used from the Dyadic Adjustment Scale (DAS).

"Session 1: Introduction and Assessment..." The description of each session of EFT is thorough. However, it would be beneficial to include a brief explanation of how fidelity to the intervention protocol was ensured.

"The Shapiro-Wilk test indicated that the data were normally distributed..." The report of assumption testing is appropriate, but consider including the exact values of the test statistics for transparency.

"The sample size was relatively small..." Expand on the limitations section by discussing potential biases introduced by the self-report measures and the short duration of the follow-up period.

"Longitudinal studies are needed..." Suggest specific research questions or hypotheses for future studies that could build on the findings of this research.

"The findings from this study provide strong evidence..." Ensure that the conclusion succinctly summarizes the key findings, their implications, and the overall contribution of the study to the field.

Authors revised the manuscripts and uploaded the new document.

## 2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.