



# Effectiveness of Schema Therapy on Coping Styles and Quality of Life in Overweight Individuals with Binge Eating Disorder




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E d i t o r	R e v i e w e r s
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## 1. Round 1

### 1.1 Reviewer 1

Date: 06 November 2024

Reviewer:

"Approximately half of individuals with eating disorders show a response to CBT at 60-week follow-up (Norizadeh et al., 2023)." Clarify whether this statistic pertains specifically to binge eating disorder or to eating disorders in general to ensure precision.

The final paragraph effectively outlines the research gap. However, the research question could be more explicitly stated. For example, "This study seeks to address the gap by investigating whether schema therapy influences the quality of life and coping styles in obese women with binge eating disorder."

The findings mention that schema therapy had a significant impact on coping styles and quality of life. However, discussing the magnitude of these changes and their clinical relevance would provide a more comprehensive interpretation of the results.

The discussion effectively relates findings to hypotheses but could benefit from a deeper exploration of why emotion-oriented coping did not significantly change. Speculating on underlying mechanisms or referencing relevant literature could provide a more nuanced understanding.

Authors revised the manuscript and uploaded the updated document.

## 1.2 Reviewer 2

Date: 16 November 2024

Reviewer:

The opening sentence effectively sets the context for the study. However, consider specifying the timeframe or recent trends that highlight the shift in lifestyle and eating habits. For example, "Over the past two decades, there has been a notable shift in lifestyle and eating habits..."

"In Iran, 5.5% of children and adolescents under 18 years old and 21.5% of individuals over 18 years old are obese (Rahmani et al., 2018)." It would be beneficial to provide more recent statistics if available, given the knowledge cutoff is 2023.

While the description of coping styles in schema therapy is comprehensive, integrating a brief explanation of how these styles specifically relate to binge eating behavior would enhance clarity. For instance, elaborating on how the overcompensation style may manifest in eating behaviors.

The Binge Eating Scale's validity coefficients (0.67 and 0.73) are reported. Discuss whether these values are considered adequate in the context of the study and how they might impact the study's findings.

The repeated paragraph about data collection methods appears to be redundant. Ensure that each section contains unique and relevant information to maintain coherence.

Given that the homogeneity of regression slopes was violated, consider discussing alternative statistical approaches that could accommodate these violations, such as using a non-parametric ANCOVA or transforming the data.

The table includes multiple p-values without specifying the exact tests used for each comparison. Clarify in the table legend or within the text which statistical tests correspond to each p-value to enhance transparency.

While the limitations are acknowledged, consider discussing how these limitations specifically might have influenced the study's findings. For example, how might the small sample size affect the statistical power or the observed effect sizes?

Authors revised the manuscript and uploaded the updated document.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.