



# Effectiveness of Acceptance and Commitment Therapy on Emotional Self-Regulation and Sense of Coherence in Patients with Irritable Bowel Syndrome

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## Editor

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## 1. Round 1

### 1.1 Reviewer 1

Date: 10 August 2023

Reviewer:

While the title suggests a clear focus on Acceptance and Commitment Therapy (ACT) for patients with Irritable Bowel Syndrome (IBS), the objectives and hypotheses could be articulated more precisely in the introduction. Specify the expected changes in emotional self-regulation and sense of coherence, and how these are hypothesized to affect IBS symptoms.

Provide operational definitions for key constructs such as "emotional self-regulation" and "sense of coherence" within the context of IBS to enhance readers' understanding and the study's reproducibility.

Ensure the literature review comprehensively covers recent studies on ACT, its application to chronic conditions, and specifically its efficacy in IBS management. The inclusion of meta-analyses, systematic reviews, and recent randomized controlled trials (RCTs) would strengthen the foundation of your study.

Tighten the integration between the literature review and your study's objectives. Highlight gaps in the current literature your study aims to address, specifically regarding ACT's role in improving emotional self-regulation and sense of coherence in IBS patients.

Elaborate on the criteria for participant selection, including any exclusion criteria and the rationale behind these choices. This detail will enhance the study's external validity.

Provide a more detailed description of the ACT intervention, including session content, duration, and how it was adapted for IBS patients, if at all. This information is crucial for the reproducibility of your study.

Describe in greater detail the tools and methods used for measuring outcomes related to emotional self-regulation and sense of coherence. Discuss the validity and reliability of these measures in the context of your study population.

Clarify the statistical methods used for analyzing the data, including any software or statistical tests. Detailing this information will help in assessing the appropriateness of the analysis and the robustness of your findings.

Ensure that the results are interpreted with an appropriate level of caution, considering the study's limitations. Discuss how the findings compare with existing literature and the implications for clinical practice.

The discussion should more explicitly relate your findings to the broader body of literature on ACT and IBS. Highlight how your study contributes to existing knowledge and practice.

Discuss the limitations of your study more comprehensively, including considerations such as sample size, generalizability, and potential biases. This transparency will lend credibility to your research.

Offer specific suggestions for future research, such as exploring different intensities or formats of ACT, longitudinal studies to assess long-term effects, or comparative studies with other therapeutic approaches.

Authors revised the manuscript and uploaded the updated document.

## 1.2 Reviewer 2

Date: 13 August 2023

Reviewer:

Your introduction effectively sets the stage for your study. A minor revision could involve briefly mentioning the prevalence of IBS and its impact on quality of life to further underscore the importance of your research.

The objectives are clear but could be slightly refined for impact. Consider explicitly stating how the study's findings could influence therapeutic practices for IBS, potentially enhancing patient outcomes.

The literature review is comprehensive; however, ensuring that the most current research is included could strengthen your paper's relevance. A minor revision could be to add any studies published since your last literature search that further support or contrast with your findings.

Slightly rework the literature review to more directly set up your study's contribution. This could include a sentence highlighting the novel aspect of your research within the existing body of work.

The methodology is well-documented. A minor enhancement could involve clarifying any steps in the procedure that may seem assumed but are critical for replicability. For example, detailing the training or qualifications required for facilitators delivering the ACT intervention.

Briefly elaborate on the choice of measurement instruments for emotional self-regulation and sense of coherence. A sentence on why these particular tools were chosen based on their reliability and validity in similar research contexts could be informative.

Your interpretation of the results is clear and logical. A minor revision could include a brief discussion on the clinical significance of the findings, in addition to their statistical significance. This would provide readers with a more comprehensive understanding of the implications.

Consider adding or refining existing graphs or tables for a more intuitive understanding of the key findings. Ensure that all visual aids are accompanied by clear, concise captions.

The discussion thoughtfully integrates the study's findings with the broader literature. Enhancing this section with a discussion on how these findings could influence future research directions or clinical practice guidelines for IBS treatment with ACT would be beneficial.

While limitations are acknowledged, further specifying any minor methodological constraints and their potential impact on the findings could fortify the study's transparency. Additionally, suggest specific future research questions or methodologies based on the study's outcomes.

Ensure consistency in terminology, especially when referring to key concepts such as "emotional self-regulation" and "sense of coherence." Consistency in formatting references, figures, and tables according to journal guidelines is also essential.

Conduct a final round of proofreading to catch any overlooked typographical or grammatical errors. Although minor, these corrections contribute to the manuscript's overall professionalism and readability.

Authors revised the manuscript and uploaded the updated document.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.