



Comparing the Efficacy of Compassion-Based Therapy with Cognitive-Behavioral Therapy on Psychological Flexibility and Hope for Life in Cancer Patients

Ensiyeh Sharifpour¹, Hossein Akbari Amarghan^{2*}, Hamid Nejat³, Anis Iranmanesh⁴

¹ Ph.D. Student, Department of Counseling, Mashhad Branch, Islamic Azad University, Mashhad, Iran

² Assistant Professor, Department of Counseling, Quchan Branch, Islamic Azad University, Quchan, Iran

³ Assistant Professor, Department of Educational Sciences, Mashhad Branch, Islamic Azad University, Mashhad, Iran

⁴ Associate Professor, Department of Mathematics and Statistics, Mashhad Branch, Islamic Azad University, Mashhad, Iran

* Corresponding author email address: drakbari54@yahoo.com

Editor	Reviewers
Majid Saffarinia Professor, Department of Psychology, Payam Noor University, Tehran, Iran m.saffarinia@pnu.ac.ir	Reviewer 1: Zahra Naghsh Associate Professor, Department of Psychology, University of Tehran, Tehran, Iran. Email: z.naghsh@ut.ac.ir Reviewer 2: Hamid Afshar Professor of Psychiatry, Isfahan University of Medical Sciences, Isfahan, Iran. Email: afshar@med.mui.ac.ir

1. Round 1

1.1 Reviewer 1

Date: 19 October 2023

Reviewer:

The manuscript is generally well-structured, presenting a clear background, objectives, methodology, findings, and conclusions. However, there are several areas where clarity and coherence could be improved:

The introduction could better articulate the gap in the existing literature that this study seeks to address, particularly regarding the direct comparison between CBT and CBT in this patient population.

Methodology: The selection criteria for participants and the randomization process need clearer exposition. Clarifying how participants were blinded to the intervention (if at all) and ensuring there was no contamination between groups would strengthen the study's validity.

While the literature review adequately sets the stage for the research, it lacks a critical analysis of existing studies' limitations and how this study addresses those gaps. Incorporating a more detailed critique would underscore the study's contribution to the field.

The statistical methods are appropriately chosen, but the manuscript could benefit from a more detailed explanation of the analysis process, including any assumptions checked, the rationale behind the choice of tests, and how the data's normality was assessed and addressed.

The presentation of results is clear but could be enhanced by including effect sizes alongside p-values to provide a more comprehensive understanding of the clinical significance of the findings, not just statistical significance.

The discussion offers a good overview of the study's implications but could be improved by:

More critically engaging with how this study's findings compare with existing literature, especially any conflicting results.

Discussing potential biases and limitations in greater depth, including the impact of the sample size and the generalizability of the results to other populations.

Offering more concrete suggestions for future research directions, including how these interventions could be adapted or tested in other settings or with different methodologies.

Authors revised the manuscript and uploaded the updated document.

1.2 Reviewer 2

Date: 20 October 2023

Reviewer:

The manuscript would benefit from a thorough proofreading to correct occasional grammatical errors and improve sentence structure for better readability. Ensuring consistency in terminology (e.g., compassion-based therapy vs. CBT) would also aid clarity.

Additional details on the intervention protocols could enhance reproducibility. For instance, more information on the content of the therapy sessions, the qualifications of the therapists, and any fidelity checks performed during the interventions would be valuable.

Consider presenting some of the key findings visually through graphs or charts to aid in the interpretation and make the results more accessible to readers.

The manuscript mentions adherence to ethical standards, but providing more detail on the ethical review process and any specific ethical considerations taken into account (beyond informed consent) would strengthen the ethical transparency of the research.

There are inconsistencies in the reference formatting that should be corrected according to the journal's guidelines. Ensuring all citations are correctly formatted and complete would improve the manuscript's professionalism and reliability.

Authors revised the manuscript and uploaded the updated document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.