



Comparison of the Effectiveness of Schema Therapy and Life Therapy on Emotion Regulation and Attitudes Towards Eating in Women with Obesity

Akram Mohammadian Amiri¹, Ramezan Hassanzadeh^{2*}, Shaban Heydari³

¹ Ph.D student, Department of Psychology, Sari Branch, Islamic Azad University, Sari, Iran

² Professor, Department of Psychology, Sari Branch, Islamic Azad University, Sari, Iran

³ Assistant Professor, Department of Psychology, Sari Branch, Islamic Azad University, Sari, Iran

* Corresponding author email address: rhassanzadehd@yahoo.com

E d i t o r	R e v i e w e r s
Leila Youzbashi Department of sport science, Faculty of Humanities, University of Zanzan, Zanzan, Iran l.youzbashi@znu.ac.ir	Reviewer 1: Fahime Bahonar Department of counseling, Universty of Isfahan, Isfahan, Iran. Email: Fahime.bahonar@edu.ui.ac.ir Reviewer 2: Elham Azarakhsh Department of Psychology, Islamic Azad University, Qom Branch, Qom, Iran. Email: elhamazarakhsh@qom.iau.ac.ir

1. Round 1

1.1 Reviewer 1

Date: 02 February 2024

Reviewer:

The abstract should more clearly differentiate the roles and outcomes of schema therapy versus Life Therapy. It currently presents the results but does not sufficiently summarize why one therapy was more effective. Consider adding a sentence that encapsulates the key reason for the observed difference in effectiveness.

The introduction extensively discusses the prevalence and impact of obesity but could benefit from a brief overview of the psychological interventions historically used in obesity management. This would provide a stronger rationale for focusing on schema therapy and Life Therapy.

The method section mentions purposive non-random sampling without justification for why this method was chosen over others. Clarify why this sampling method is appropriate given the study's aims or consider a random sampling method to enhance the representativeness of the sample.

It is mentioned that the control group received no intervention. To strengthen the study design, consider a placebo or active control that engages the control group in non-therapeutic sessions, ensuring that attention effects are controlled.

The manuscript reports using Greenhouse-Geisser corrections but does not discuss whether assumptions for normality and homogeneity of variances were met for all variables. Please add these details to ensure the robustness of the statistical conclusions.

Expand the results section to include more detailed statistical data, such as confidence intervals and effect sizes for each comparison, to provide a clearer understanding of the magnitude and precision of the effects observed.

Authors revised the manuscript and uploaded the updated document.

1.2 Reviewer 2

Date: 10 February 2024

Reviewer:

The review of literature could be improved by integrating recent meta-analyses or systematic reviews that evaluate the efficacy of schema therapy and Life Therapy in similar populations. This would help in situating the current study within the existing research landscape.

The manuscript uses terms like "emotion regulation" and "attitudes towards eating" extensively. Ensure that these constructs are defined early in the paper, possibly in the introduction, to aid reader understanding.

While the therapy protocols for both treatments are mentioned, the description lacks specifics about the content of individual sessions. Detailed session-by-session content would enhance the replicability of the study.

The ethical considerations section is brief. Expand this section by describing any measures taken to address potential biases or ethical concerns during the recruitment and treatment phases.

Develop a more comprehensive limitations section that not only addresses methodological constraints but also discusses the implications of these limitations for the generalizability of the study findings.

Authors revised the manuscript and uploaded the updated document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.