



# Effectiveness of Cognitive Behavioral Therapy on Mental Health and Suicidal Thoughts in Students

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## Editor

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## 1. Round 1

### 1.1 Reviewer 1

Date: 05 September 2023

Reviewer:

The introduction briefly mentions various factors impacting students' mental health but lacks a direct linkage to previous empirical studies specifically tying these factors to the efficacy of CBT. Consider integrating a more comprehensive review of past studies that explore the direct impact of CBT on student populations, especially those dealing with suicidal thoughts, to strengthen the background.

The paper utilizes convenience sampling, which might limit the generalizability of the findings. To enhance the robustness of future research, consider discussing the potential biases introduced by this method and suggest ways to mitigate them, such as using stratified or random sampling.

It's unclear whether the control group received any form of intervention or interaction that could act as a placebo. Clarifying this could help in understanding the true effect of the CBT intervention compared to no treatment or an alternative treatment.

While you have provided a brief description of using ANCOVA, including more detailed information on the covariates adjusted for in the analysis would help in replicating the study and understanding the control measures for potential confounders.

The instruments used for measuring mental health and suicidal thoughts are well-described, but the paper could benefit from a discussion on the reliability and validity of these measures in the specific cultural context of your study population.

The intervention protocol is described in general terms. Adding detailed descriptions or examples of the cognitive exercises and behavioral tasks performed in each session would provide a clearer picture of the intervention's components.

The study covers an intervention period of 8 weeks. Including follow-up data to assess the durability of the therapy's effects on mental health and suicidal thoughts could significantly enhance the paper's contribution to the field.

Authors revised the manuscript and uploaded the updated document.

## 1.2 Reviewer 2

Date: 08 September 2023

Reviewer:

While the paper mentions that ethical guidelines were followed, providing a more detailed description of the ethical oversight and any ethical challenges encountered during the study would strengthen the manuscript's transparency.

More detailed demographic data about the participants, such as age distribution, gender, socioeconomic status, and educational background, would help in understanding the sample's representativeness and the applicability of the results to other student groups.

To ensure the consistency of the intervention across participants, describe the measures taken to maintain fidelity in the implementation of the CBT sessions. This could include training and monitoring of therapists.

Discuss how external variables, such as academic stress or familial support, which could influence mental health outcomes, were controlled or accounted for in the study design.

Conducting and reporting a power analysis to determine if the sample size was sufficient to detect a meaningful effect would bolster the study's statistical validity.

Authors revised the manuscript and uploaded the updated document.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.