



The Effectiveness of Cognitive Behavioral Therapy on Rumination, and Quality of Life among Girls with Body Dysmorphic Symptoms

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1. Round 1

1.1 Reviewer 1

Date: 25 February 2024

Reviewer:

The abstract succinctly summarizes the study but could benefit from including specific details about the study sample (e.g., age range, specific clinical characteristics) to provide clearer context for the readers right from the beginning.

Elaborate on the activities or lack thereof in the control group. Adding details will help in understanding the impact of the CBT intervention in contrast to no treatment or alternative treatments.

The descriptions of the CBT sessions are detailed, yet it would be beneficial to include specific examples of exercises or content used in these sessions to allow for better reproducibility.

More detailed justification for the choice of statistical methods used, including why ANOVA with Repeated Measures was chosen over other potential analytical methods, could strengthen the reader's understanding of the data analysis process.

Discuss the validity and reliability of the Rumination Response Scale (RRS) and WHOQOL-BREF specifically in the context of your study population, as instruments can perform differently across demographic groups.

Include a statistical comparison of baseline characteristics between the intervention and control groups to ensure initial equivalence.

While ethical considerations are noted, enhance this section by discussing any potential ethical issues that could arise from the intervention itself and how these were mitigated.

Clarify how the consistency of data collection was maintained across different data points and by different administrators, if applicable.

Ensure that all references are up-to-date and relevant, adding any recent studies that provide additional context or contrasting perspectives to your findings.

Authors revised the manuscript and uploaded the updated document.

1.2 Reviewer 2

Date: 02 March 2024

Reviewer:

Expand on the epidemiological data surrounding Body Dysmorphic Disorder (BDD) among adolescents and young adults to frame the study's relevance more robustly.

Strengthen the review by addressing any conflicting studies or any gaps that your study specifically aims to fill. This will not only bolster the rationale but also highlight the study's significance.

Enhance the theoretical foundation by linking how CBT specifically addresses the cognitive distortions noted in BDD. Include models or theories that support these cognitive-behavioral interventions.

Clarify the selection criteria for participants and provide details on how diagnoses were confirmed to ensure the study's replicability.

The interpretation of the statistical findings could be more robust. Discuss the clinical significance of the changes in scores, not just their statistical significance.

Address the limitations in generalizing the results, considering the specific demographic and geographical location of the study.

Compare the results of this study with similar studies in other cultural or demographic contexts to highlight any unique findings or consistent patterns.

Elaborate on the limitations section by discussing specific methodological constraints that could affect the interpretation of the results, such as sample size or measurement biases.

Suggest specific future research directions that could follow from the study's findings, including different intervention formats or target populations.

Expand on the practical implications of the findings for clinical practice, particularly how these results can be integrated into existing treatment protocols or policy.

Authors revised the manuscript and uploaded the updated document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.