Effectiveness of Group Hypnotherapy on Stress and Metacognitive Beliefs in Individuals with Multiple Sclerosis

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1. Round 1

1.1 Reviewer 1

Date: 20 May 2024

Reviewer:

"The objective of the present study was to investigate the effectiveness of group hypnotherapy on stress and metacognitive beliefs in individuals with multiple sclerosis." Consider elaborating on how these constructs (stress and metacognitive beliefs) are operationally defined in the context of this study.

"15 individuals with multiple sclerosis were assigned to the control group." Specify what kind of control group was used (e.g., no treatment, placebo treatment) to clarify the nature of the comparison.

"The reliability of the questionnaire was reported as 0.87 and 0.88 using Cronbach's alpha and split-half methods respectively." Include additional details on the validity of the measures used, such as construct validity and criterion validity.

"Items 4 5 6 7 9 10 and 13 are reverse scored." Ensure the scoring procedures are clearly explained, including how reverse scoring was handled in the data analysis.

"This self-report tool consists of 30 items." Describe the scoring procedure and how the subscales were used in the analysis.

"The group hypnotherapy intervention sessions were conducted over six 60-minute sessions." Provide more details on the content of each session, including specific techniques and scripts used.

Describe any measures taken to ensure the fidelity of the hypnotherapy intervention, such as training for therapists or adherence checks.

"The null hypothesis of normal distribution for the scores of the experimental and control groups was confirmed." Provide the results of tests for normality (e.g., Shapiro-Wilk test) and other assumptions of MANCOVA/ANCOVA.

"Table 1 Mean and Standard Deviation of Perceived Stress and Metacognitive Beliefs." Include a brief interpretation of the descriptive statistics in the text to aid reader comprehension.

Authors revised the manuscript and uploaded the updated document.

1.2 Reviewer 2

Date: 24 May 2024

Reviewer:

"These patients deal with both psychological and physical challenges." The introduction should include a more comprehensive review of the existing literature on psychological interventions for MS patients, particularly focusing on hypnotherapy.

Clearly state the hypotheses at the end of the introduction. Currently, the hypotheses are implied but not explicitly stated.

"The sample size consisted of 30 individuals with multiple sclerosis selected through purposive sampling." Provide more details on how purposive sampling was conducted and whether any potential biases were controlled.

"The effect size or difference is 0.78." Include confidence intervals for the effect sizes to provide a sense of precision and variability.

"The statistical power is 1 indicating no possibility of a Type II error." Rephrase to clarify that while the power is high, it does not entirely eliminate the possibility of a Type II error, just that it is very unlikely.

Authors revised the manuscript and uploaded the updated document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.