



Comparison of the Effectiveness of Lifestyle-Focused Cognitive Behavioral Therapy and Semantic Cognitive Restructuring Therapy on Pain Perception in Patients with Irritable Bowel Syndrome

Mozhgan Akbari Ebtekar¹, Seyedeh Olia Emadian^{2*}, Bahram Mirzaian³

¹ PhD in Psychology, Department of Psychology, Faculty of Humanities, Islamic Azad University: Sari Branch, Iran

² 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: emadian2012@yahoo.com

Editor	Reviewers
Abul Hasan Bakibillah ^{id} Department of Public Health, Faculty of Allied Health Sciences, Daffodil International University, Dhaka, Bangladesh ah.bakibillah71@gmail.com	Reviewer 1: Masoud Mirmoezi ^{id} Department of Physical Education and Sport Sciences, Islamic Azad University, Central Tehran Branch, Tehran, Iran. Email: massoudmirmoezi@live.com Reviewer 2: Kamdin Parsakia ^{id} Department of Psychology and Counseling, KMAN Research Institute, Richmond Hill, Ontario, Canada. Email: kamdinparsakia@kmanresce.ca

1. Round 1

1.1 Reviewer 1

Date: 07 April 2024

Reviewer:

"This study aimed to compare the effectiveness of lifestyle-focused cognitive behavioral therapy and semantic cognitive restructuring therapy on pain perception in patients with irritable bowel syndrome." The abstract should include a brief mention of the sample size and key results to provide a clearer overview.

"The reliability of this scale and its dimensions was confirmed by Schallz et al." Consider providing the Cronbach's alpha values for the reliability of the scale in the current study sample to strengthen the validity of the measurement tool used.

"Data analysis was performed using a mixed design with repeated measures and SPSS-26 software." Specify the exact statistical tests conducted (e.g., ANOVA, t-tests) to provide clarity on the analytical approach used.

"The results indicate that both lifestyle-focused cognitive behavioral therapy and semantic cognitive restructuring therapy were effective in reducing pain perception in patients with irritable bowel syndrome ($P < 0.05$)." Present the effect sizes alongside the p-values to provide a sense of the practical significance of the findings.

"Central and Dispersion Indices of Pain Perception Scores in the Two Experimental and Control Groups." Ensure the table includes confidence intervals for the means to enhance the interpretability of the data.

"The F value from Levene's test for equality of variances for the variable of pain perception is not significant at the 0.05 level." Clearly state the exact F and p values here for transparency.

Authors revised the manuscript and uploaded the updated document.

1.2 Reviewer 2

Date: 10 April 2024

Reviewer:

"The prevalence of this disorder is 10-15% in Western societies (2) and 6% in the Iranian population (3)." Please include more recent statistics if available and specify the year of the cited data to ensure the relevance of the prevalence rates.

"A significant portion of the population suffers from the symptoms of irritable bowel syndrome." The definition of 'significant portion' needs to be quantified. Providing exact figures or percentages will add clarity and specificity.

"Using a convenience sampling method, 45 participants were selected and randomly assigned into three groups of 15 each." Convenience sampling is often subject to bias. Consider discussing the potential limitations this sampling method may introduce and justify its use in this context.

"The first session introduces the stress management and lifestyle approach." Please elaborate on the specific techniques used in mental imagery and self-monitoring within this session for better replication of the study.

"The aim of the present study was to compare the effectiveness of lifestyle-focused cognitive-behavioral therapy and semantic cognitive restructuring therapy on pain perception in patients with irritable bowel syndrome." Discuss any potential confounding variables that might have influenced the results, such as the severity of IBS symptoms or participants' previous experience with therapy.

"This finding can be explained by noting that worldwide health services are increasingly leaning toward patient-centered methods..." Provide specific examples or references to support the claim about the shift towards patient-centered methods in health services.

"There is a difference between the effectiveness of lifestyle-focused cognitive-behavioral therapy and semantic cognitive restructuring therapy on pain perception..." Expand on the theoretical implications of why one therapy may be more effective than the other. What specific elements of the lifestyle-focused CBT contribute to its higher effectiveness?

"The use of non-random sampling was the most significant limitation." Discuss additional limitations such as the lack of blinding or potential biases introduced by self-report measures.

Authors revised the manuscript and uploaded the updated document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.