



# Effectiveness of Acceptance and Commitment-Based Training in Reducing Psychological Distress and Increasing Social Adjustment in Sexually Abused Adolescent Girls

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## 1. Round 1

### 1.1 Reviewer 1

Date: 24 August 2023

Reviewer:

The sentence "Rape is a form of sexual violence that not only damages the body but also harms the psyche of the individual and the community" can be strengthened by citing recent statistics or studies that support this claim.

The mindfulness techniques and breathing exercises introduced in this session should be detailed more explicitly. Consider providing examples of the specific exercises used.

The statistical methods are well-described, but the rationale for choosing multivariate covariance analysis (MANCOVA) over other potential methods should be briefly discussed to justify this choice.

It would be helpful to include effect sizes along with the descriptive statistics to provide a clearer picture of the magnitude of changes observed in social adjustment and psychological distress.

The significance levels in Table 2 should be accompanied by a brief interpretation of what these statistical values mean in practical terms for the readers.

Authors revised the manuscript and uploaded the updated document.

## 1.2 Reviewer 2

Date: 04 September 2023

Reviewer:

The introduction of Acceptance and Commitment Therapy (ACT) should include a brief comparison to other common therapies used in similar contexts to highlight why ACT was chosen for this study.

The sampling method mentioned is convenience sampling, which could introduce bias. This limitation should be clearly acknowledged in this section, and suggestions for more robust sampling methods could be included for future studies.

The description of the Kessler Psychological Distress Scale lacks specificity about its validity in the context of this population. Consider adding information on how the scale has been validated specifically for sexually abused adolescents, if available.

The Social Adjustment Inventory is described, but there is no information on its reliability and validity in the context of this study population. Including this information would strengthen the methodology section.

The description of the first session of ACT intervention should specify if any standardized manuals or protocols were used to ensure consistency across sessions.

The results from the Bonferroni test need a more detailed explanation in the text. Explain what the significant mean differences imply for the experimental and control groups.

The statement "These findings are consistent with previous research showing that ACT can be an effective method for reducing symptoms associated with sexual trauma" should be supported by citing specific studies that have found similar results.

The discussion on limitations is thorough but could be expanded to include potential confounding variables that were not controlled for in the study, such as differences in baseline mental health or other ongoing treatments.

Authors revised the manuscript and uploaded the updated document.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.