



# The Effectiveness of Emotion-Focused Therapy on Emotion Dysregulation and Resilience in Patients with Chronic Pain and Depressive Symptoms

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## 1. Round 1

### 1.1 Reviewer 1

Date: 23 November 2024

Reviewer:

In the sentence, "Pain is an unpleasant sensory and emotional experience," it might be helpful to include a brief operational definition of "emotional experience" to distinguish it from sensory aspects.

The intervention section would benefit from a more detailed description of the EFT protocol, including session content, therapist qualifications, and adherence measures.

The reliability statistics for the emotion regulation and resilience scales are provided, but it would be useful to mention if any cultural adaptations were made for the Iranian context.

The limitations section could expand on potential biases introduced by the convenience sampling method and how they might have impacted generalizability.

Authors revised the manuscript and uploaded the updated document.

## 1.2 Reviewer 2

Date: 27 November 2024

Reviewer:

The introduction does a good job of presenting background information; however, it would be beneficial to explicitly highlight gaps in existing literature that justify the need for this study.

The paragraph discussing the relationship between pain and emotion (e.g., Gross, 2014) would benefit from a visual conceptual framework to illustrate how emotion dysregulation and resilience interact with chronic pain.

The phrase "randomly assigned to experimental and control groups" should clarify the specific randomization technique (e.g., block randomization, simple randomization).

Ensure that the results section explicitly states whether there were any significant differences between the experimental and control groups at baseline.

The discussion should further elaborate on how the findings contribute to existing theories of emotion-focused therapy and resilience in chronic pain patients.

While previous studies are cited, a critical comparison should include possible reasons for discrepancies or similarities in findings.

Authors revised the manuscript and uploaded the updated document.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.