

Effectiveness of Positive Cognitive Behavioral Therapy on Psychological Flexibility and Meaning in Life Among Single Women

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1. Round 1

1.1. Reviewer 1

Reviewer:

More detailed information about the content of the therapy sessions should be included. While the general topics of the eight sessions are mentioned, the specific therapeutic techniques or interventions used in each session could be elaborated upon to replicate the study or understand the therapy process better.

The conclusion mentions future research but could be more specific about the kinds of studies needed. Suggestions could include longitudinal studies to track long-term effects, or studies focusing on different demographic groups to see if results can be generalized across diverse populations.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

The discussion could be deepened by comparing the current findings with previous studies on positive cognitive behavioral therapy. Discussing similarities or differences in the outcomes could provide a richer context for understanding the effectiveness of PCBT.

The description of the psychological instruments used (Bond Psychological Flexibility Questionnaire and Steger's Meaning in Life Questionnaire) should include a brief summary of their development and validation history. This would lend credibility to the measurement tools used.

The manuscript should include data on participant retention and dropout rates throughout the study phases. This information is crucial for assessing the feasibility and acceptability of the therapy.

Response: Revised and uploaded the manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.