



## Comparison of Cognitive Behavioral Therapy and Acceptance and Commitment Therapy on Negative Automatic Thoughts and Negative Affect in Depressed Women

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

Enhance the abstract by specifying the number of participants in each group in the study design. This will improve reader understanding of the study scale without referring to the full text.

In the introduction, expand on the theoretical background of how CBT and ACT specifically target negative automatic thoughts and negative affect. Reference specific models or frameworks if applicable.

Elaborate on the selection criteria for the participants and provide details about the diagnostic criteria used for depression to strengthen the validity of the study's participant pool.

Clarify why a three-way ANOVA was chosen over other potential statistical methods considering the study's design and objectives. This will help justify the analytical approach and enhance the methodological rigor.

Strengthen the discussion section by addressing the limitations of generalizing the findings due to the sample size and demographic restrictions. Suggest specific future research directions that could expand on these findings.

Response: Revised and uploaded the manuscript.

## 1.2. Reviewer 2

Reviewer:

Add more detail regarding the exclusion criteria related to other acute psychological disorders. Specify which disorders were considered for exclusion to avoid ambiguity.

Justify the use of a control group that received no intervention. Discuss the ethical considerations and how participants were informed about the study's design, particularly about potentially receiving no treatment.

More thoroughly describe the process of administering the PANAS and ATQ tools. Include information on the setting, timing, and who administered these tools to ensure clarity on data collection methodology.

Discuss potential confounding variables that might have influenced the results, such as medication status, other psychotherapies, or socio-economic factors, and how these were controlled or accounted for in the study.

Alongside p-values, include effect sizes for the main findings to provide a clearer interpretation of the clinical significance of the treatment effects observed.

Response: Revised and uploaded the manuscript.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.