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Effectiveness of Acceptance and Commitment Therapy on Cognitive Fusion and Social Anxiety in Women with Generalized Anxiety Disorder

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1. Round 1

1.1. Reviewer 1

Reviewer:

The introduction could benefit from a more comprehensive review of prior studies specifically addressing the efficacy of cognitive-behavioral therapies versus ACT in treating social anxiety in women. This could better position the study within existing literature.

The objectives should be explicitly stated in the introduction to align reader expectations with the study's aims. Consider using bullet points or a numbered list for clearer presentation.

The rationale behind the choice of a convenience sampling method should be better explained, including its impact on the generalizability of the study results.

Include more demographic details such as socioeconomic status, education levels, and employment status of participants, as these variables could influence treatment outcomes.

The study should account for any potential confounding variables that could influence the outcomes, such as participants' previous therapy experiences or concurrent medication usage.

Expand on the randomization process used to assign participants to groups to ensure readers that bias was minimized in group allocation.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

Detail the qualifications and training of the therapists who administered ACT to validate the consistency and quality of the intervention delivered.

Describe any fidelity checks used during the therapy sessions to ensure that ACT was implemented as intended across different sessions and participants.

Provide more details on the statistical methods used, particularly the assumptions checked prior to conducting repeated measures ANOVA and the rationale for choosing this test.

Report and interpret the effect sizes for main findings to provide insight into the magnitude of the therapy's effects, which is crucial for clinical significance.

Discuss the rationale behind the number of sessions and total duration of ACT provided, and whether different dosages might lead to different outcomes.

Clarify the theoretical implications of the findings, particularly how they advance understanding of ACT's mechanisms of action in reducing cognitive fusion and social anxiety.

Strengthen the transparency statement by detailing the exact conditions under which the data can be accessed and reused by other researchers.

Response: Revised and uploaded the manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.