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Comparing the Effectiveness of Acceptance and Commitment Therapy with Cognitive-Behavioral Therapy on Women's Relationship Obsessive-Compulsive Disorder

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1. Round 1

1.1. Reviewer 1

Reviewer:

The introduction should provide a clearer rationale for comparing CBT and ACT specifically in the context of ROCD. Consider including a sentence that highlights the unique aspects of ROCD that might benefit from these therapeutic approaches.

The stated objective could be more precise. Instead of "compare the effectiveness," specify what aspects of effectiveness are being measured, such as symptom reduction, quality of life improvement, or relapse rates.

Provide more details about the convenience sampling method. How were participants recruited from the health centers and private counseling center?

Justify the two-month follow-up period. Is this duration considered sufficient to assess the long-term effects of the interventions?

Include effect sizes in Table 2 to provide a sense of the magnitude of the differences observed. This will aid in interpreting the clinical significance of the findings.

Include a more detailed breakdown of demographic characteristics (e.g., age distribution, marital status) to provide a clearer picture of the sample.

Clarify the statement "CBT ($F=6.92$ $p<0.01$) and ACT ($F=6.97$ $p<0.01$) had a significant impact on ROCD scores over time." Indicate whether these findings were based on pre-post comparisons or changes over the entire study period, including follow-up.

Enhance Table 1 with a brief explanatory note on the significance of the scores at each stage (pre-test, post-test, follow-up) for the control and experimental groups.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

Explain the random assignment procedure in more detail. What method was used to ensure randomization and reduce selection bias?

Expand on the criteria used for participant selection. Specifically, how were severe psychological disorders and drug addiction assessed and excluded?

Include a summary of the specific therapeutic techniques used in the CBT and ACT sessions. This will provide context for the findings and allow for replication in future studies.

The validity of the Relationship Obsessive-Compulsive Inventory (ROCI) should be supported with more recent references, if available, to ensure its continued relevance and accuracy.

Provide more detail on the repeated measures ANOVA and Bonferroni post hoc test used. How were assumptions of these tests (e.g., normality, sphericity) checked and met?

Discuss the theoretical implications of finding no significant difference in effectiveness between CBT and ACT. How does this inform current understanding and future research directions in treating ROCD?

Elaborate on the clinical implications of the findings. How might these results influence the choice of therapeutic approach in practice?

The limitations section should be expanded. Discuss potential biases introduced by convenience sampling and how they might have affected the results. Mention any limitations in the measurement tools used.

Response: Revised and uploaded the manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.