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Effectiveness of Acceptance and Commitment Therapy on Pregnancy Concerns, Stress Coping Schemas, and Interpersonal Sensitivity in Pregnant Women with Pregnancy Anxiety

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1. Round 1

1.1. Reviewer 1

Reviewer:

The description of the control group in the Methods section, paragraph 1, should mention if they received any form of placebo or alternative intervention to control for expectancy effects.

For the Pregnancy Anxiety questionnaire, consider providing additional validity information. For example, "The questionnaire has been validated in similar populations with a Cronbach's alpha ranging from 0.66 to 0.76" (Measures section, paragraph 1) could be expanded by including references to specific validation studies.

In the findings section, paragraph 1, the statement "The results of the one-way ANOVA test showed that the age distribution of the research sample does not significantly differ among the three groups" would be clearer if the specific p-value was provided.

The discussion section could benefit from comparing the study's results with other similar studies. For instance, how do the findings align or contrast with those of Mahdavi et al. (2022) or Howard et al. (2022)?

Mention whether there was any measure taken to ensure the fidelity of the ACT intervention. For example, were the sessions recorded and reviewed by supervisors?

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

In the introduction, paragraph 1, the influence of cultural and social factors on pregnancy anxiety is mentioned. Provide more context or examples specific to the population studied (i.e., Iranian women).

In the methods section, paragraph 1, specify the criteria used to classify "pregnancy anxiety" beyond scoring one standard deviation above the mean. Clarifying the baseline for the population would strengthen the replicability of the study.

The sentence "A purposive sampling method was used to calculate a sample size of 75 participants" (Methods section, paragraph 1) is somewhat misleading. Purposive sampling is a non-random technique; if a sample size calculation was performed, it should be based on power analysis. Clarify this aspect.

In the findings section, the sentence "The Shapiro-Wilk test indicated that the data in the pre-test and post-test had a normal distribution ($P > 0.05$)" would benefit from specifying the exact p-value and sample size for transparency.

The mixed ANOVA results table (Table 2) should include confidence intervals for the mean differences to provide a better understanding of the data's precision.

In the discussion of the results, emphasize the practical significance by interpreting the partial eta squared values, such as in "The partial eta squared of 0.32 for interpersonal awareness indicates that 32% of within-group changes can be explained by the tests" (Discussion section, paragraph 1).

In the discussion, paragraph 2, expand on the mechanisms through which ACT might reduce interpersonal sensitivity. Mention potential cognitive or behavioral changes observed.

Response: Revised and uploaded the manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.