

The Effectiveness of Acceptance and Commitment Therapy and on Pain Intensity, Childhood Trauma, Perfectionism and Psychological Flexibility in Patients with Chronic Pain

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1. Round 1

1.1. Reviewer 1

Reviewer: The research examines the efficacy of Acceptance and Commitment Therapy on reducing chronic pain and associated psychological distress, focusing on childhood trauma and perfectionism.

Methodological Review

Employs a quasi-experimental design with a control group.

Utilizes standardized psychological scales for assessment.

Sample size of 50 may limit the strength of conclusions.

Critical Observations

Strengths: Addresses a significant gap in chronic pain treatment concerning psychological factors.

Weaknesses: The study's design may not sufficiently establish causality.

Ethical Considerations: Ensures informed consent and confidentiality.

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer: This study contributes important findings on the effectiveness of ACT in treating chronic pain, especially focusing on psychological aspects, thereby adding valuable knowledge to pain management strategies.

Methodology

The study used a quasi-experimental design with a pre-test, post-test, and follow-up.

Sample: 50 chronic pain patients in Tehran, randomly divided into ACT and control groups.

Measures: Standardized scales for assessing pain severity, childhood trauma, perfectionism, and psychological flexibility.

Evaluation

Strengths: The study targets a unique combination of psychological factors in chronic pain treatment and utilizes well-established assessment tools.

Weaknesses: Limited by its small sample size and geographic focus on Tehran. The study design may introduce biases due to self-reporting and lacks a blinded approach.

Recommendations

Expanding the sample size and including diverse geographical locations.

Considering a randomized controlled trial design to strengthen the validity.

Incorporating objective measures alongside self-reports to reduce bias.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.