




Comparison of the Effectiveness of Virtual Reality Exposure Therapy with Cognitive-Behavioral Therapy on Obsessive-Compulsive Disorder Symptoms in People with Obsessive-Compulsive Disorder

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1. Round 1

1.1. Reviewer 1

Reviewer: The article presents a comparative study between Virtual Reality Exposure Therapy (VRET) and Cognitive-Behavioral Therapy (CBT) in treating Obsessive-Compulsive Disorder (OCD). It provides valuable insights into the effectiveness of these therapies, suggesting that both significantly reduce OCD symptoms, with nuanced differences in outcome measures.

Recommendations for Revision:

Enhanced Introduction: Expand the introductory section to include a more detailed review of VRET and CBT's mechanisms and prior research findings. This will provide a stronger foundation for understanding the comparative analysis.

Methodological Precision: Increase the detail around the VR technology used, including specifications and content, to allow for reproducibility and a clearer understanding of the intervention's nature.

Expanded Demographics: Broaden the participant base to include more diverse demographics to enhance the external validity and generalizability of the findings.

Longitudinal Design: Extend the follow-up period to capture long-term effects and the durability of therapeutic outcomes, providing a more comprehensive view of each therapy's efficacy.

Control Group: Implement an active control group receiving a standardized alternative treatment to more accurately isolate the specific effects of VRET and CBT.

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer: The study investigates the relative efficacy of VRET and CBT for OCD, demonstrating promising results for both therapies. It highlights the potential of using advanced technologies in psychological treatments and underscores the importance of tailored therapeutic approaches in managing OCD symptoms.

1. **Theoretical Context:** Deepen the discussion on the theoretical underpinnings of both therapies, including potential mechanisms of action and how they relate to OCD symptomatology.
2. **Participant Narratives:** Incorporate qualitative assessments to provide deeper insight into the patient experience, therapy preference, and perceived impact beyond statistical measures.
3. **Technical Details:** Provide comprehensive details about the VR equipment and scenarios to aid in understanding the intervention's immersive quality and ensure reproducibility.
4. **Practical Implications:** Discuss the practical applications of the research findings in clinical settings, offering guidance for practitioners on integrating these therapies into treatment plans.
5. **Future Directions:** Suggest pathways for future research, especially in exploring VRET's application across different psychological disorders and its integration with other therapeutic modalities.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.