

# The Effectiveness of Cognitive-behavioral Therapy on Reducing the Depression as a Dysmenorrhea Symptom in Iranian Girls based on Randomized Control Trial (RCT)


Azizreza. Ghasemzadeh<sup>1</sup>, Maryam. Saadat<sup>2\*</sup>

<sup>1</sup> Armada Medical Centre, Dubai, UAE



<sup>2</sup> Lifeworks Holistic Counselling Centre, Dubai, UAE

\* Corresponding author email address: maryamsaadat@lifeworks.ae

## Editor

Seyed Hadi Seyed Alitabar   
Department of Psychology and  
Counseling, KMAN Research  
Institute, Richmond Hill, Ontario,  
Canada  
hadialitabar@kmanresce.ca

## Reviewers

**Reviewer 1:** Thseen Nazir   
Professor of Psychology and Counseling Department, Ibn Haldun University,  
Istanbul, Turkey. Email: thseen.nazir@ihu.edu.tr  
**Reviewer 2:** Nadereh Saadati   
Department of Psychology and Counseling, KMAN Research Institute, Richmond  
Hill, Ontario, Canada. Email: nsaadati@kmanresce.ca

## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

#### Overview:

- **Objective and Scope:** The study is focused and relevant, addressing the intersection of psychological therapy and gynecological health, a critical area in women's health research.
- **Methodological Approach:** The randomized controlled trial design is a strength, providing a robust framework for evaluating the efficacy of CBT in this context.

#### Strengths:

1. **Innovative Treatment Evaluation:** The study explores a non-pharmacological treatment for dysmenorrhea-related depression, contributing to a holistic approach in women's health.
2. **Statistical Rigor:** The use of ANCOVA for data analysis provides a reliable means of assessing the effectiveness of the intervention.

**Areas for Improvement:**

1. **Broader Sample Representation:** The sample is limited to a specific demographic, which might affect the generalizability of the findings.
2. **Longer Follow-up Period:** The study could be strengthened by including a follow-up period to assess the long-term effects of CBT.

**Recommendations:**

1. **Diverse Sampling:** Future studies should aim for a more diverse sample, possibly including different age groups and socioeconomic backgrounds.
2. **Extended Study Duration:** Incorporating a longitudinal aspect would provide insights into the sustainability of CBT's benefits.

Authors revised and uploaded the document.

*1.2. Reviewer 2*

Reviewer:

**Overview**

- **Research Significance:** The study addresses an important aspect of mental health in the context of chronic physical conditions, offering significant insights for clinical practice.
- **Experimental Design:** The randomized control trial design is a major strength, adding validity to the results.

**Positive Aspects:**

1. **Focus on Women's Health:** The study contributes to the understanding of mental health issues in women with dysmenorrhea, an often overlooked area.
2. **Quantitative Analysis:** The statistical techniques used are appropriate for the study design and objectives, supporting the conclusions drawn.

**Suggestions for Improvement:**

1. **Cultural Context Consideration:** Further research could explore how cultural factors influence the effectiveness of CBT in this context.
2. **Comparison with Other Therapies:** Future studies could compare CBT with other forms of therapy to contextualize its effectiveness.

Authors revised and uploaded the document.

**2. Revised**

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.