





The Effectiveness of Compassion-focused Therapy on Integrative self-knowledge, Self-destructive behaviors and Fatigue in Drug Users

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E d i t o r	R e v i e w e r s
Gholamreza Rajabi ¹  Professor of Counseling Department, Shahid Chamran University, Ahvaz, Iran rajabireza@scu.ac.ir	Reviewer 1: Shahrokh Makvand Hoseini  Associate Professor, Department of Psychology, Semnan University, Iran. Email: shmakvand@semnan.ac.ir Reviewer 2: Mahdi Khanjani ²  Associate Professor, Department of Psychology, Allameh Tabataba'i University, Tehran, Iran. Email: khanjani_m@atu.ac.ir

1. Round 1

1.1. Reviewer 1

Reviewer:

The statement “the amount of drug consumption in different societies is increasing” (Angelis, 2015) is overly general. Consider adding specific regional or national prevalence data to contextualize the Iranian setting of this study.

The list of physical, psychological, behavioral, and economic effects of substance abuse is very long. For clarity, group them into subcategories or use concise summary sentences to improve readability without losing detail.

The data for “Self-destruction” in the compassion therapy group show an increase from pre-test (8.15) to post-test (14.67). This appears contradictory to the claim of reduction in self-destructive behavior. Please check for possible data entry errors or clarify the scoring direction of the SHI.

The p-values in the text for Levene’s test and Shapiro–Wilk test are indicated as “ $P < 0.05$ ” while claiming homogeneity/normality. Since significance in these tests usually indicates violation of assumptions, please revisit and interpret correctly.

Some F values (e.g., psychological coherence: $F = 381.80$) seem unusually high relative to the reported degrees of freedom and means. Re-check calculations or clarify if these are partial eta-squared adjusted values.

The eta squared values are reported, but there is no interpretation of effect size magnitude according to established benchmarks. Including such interpretation would help contextualize the clinical importance of findings.

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

In “Psychological integration refers to a person's effort to integrate his experience in the past, present, and future to compromise and improve himself”, the phrase “compromise and improve himself” is ambiguous and may not reflect the original concept of integrative self-knowledge. Please clarify or rephrase.

In “Another variable that is higher in substance use disorder patients than in normal people is fatigue”, replace “normal people” with a more appropriate and precise term such as “non-substance-using individuals” to maintain professional tone.

The sentence “This will surely allow you to respect yourself and your feelings and seek your health forever” uses direct address (“you”) which is not appropriate in an academic article. Please rephrase in the third person to maintain scholarly style.

The sentence “...compassion-based therapy is significantly effective in reducing psychological coherence...” appears to be a typographical error; it should be “increasing” psychological coherence. Please correct to avoid misinterpretation.

In the discussion of fatigue reduction, you describe mechanisms but cite no empirical fatigue-related CFT studies. Adding at least one directly relevant reference would strengthen this argument.

The paragraph beginning “Self-compassion, on the other hand, requires thoughtful awareness...” contains multiple long sentences that blend different theoretical concepts. Breaking these into shorter, concept-focused sentences would enhance clarity and argumentative precision.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.