Comparison of the Effectiveness of Cognitive Bias Modification Therapy and Mindfulness-Based Cognitive Behavioral Therapy on Cognitive Avoidance and Ineffective Attitudes in University Students with Social Anxiety

Somayeh. Tahmasebi[1], Moloud. Keykhosrovani[2*], Naser. Amini[2]

[1] Ph.D. Student, Department of Psychology, Bushehr Branch, Islamic Azad University, Bushehr, Iran.
[2] Assistant Professor, Department of Psychology, Bushehr Branch, Islamic Azad University, Bushehr, Iran

* **Corresponding author email address**: Moloud.keykhosrovani@gmail.com

Editor	Reviewers
Saeed Abdullah Al-Dossary Department, College of Education, University of Ha'il, Ha'il, Saudi Arabi saeedaldossary@yahoo.co.uk	**Reviewer 1:** Mustafa Subasi PhD Student at National Research University Higher School of Economics, Russia. Email: msubasi@hse.ru **Reviewer 2:** Hakan Karaman Department of Counseling Psychology & Head of the Counseling Center, Ibn Haldun University, Istanbul, Turkey. hakan.karaman@iuc.edu.tr

1. Round 1

1.1. Reviewer 1

Reviewer:

The sentence "Social anxiety disorder involves severe fear or anxiety in social situations where individuals may be under the scrutiny of others" would benefit from further elaboration. Consider providing examples or discussing how this fear manifests in different social contexts, particularly among university students.

The description of the study design mentions the use of a "quasi-experimental" method. It would be beneficial to clarify why a quasi-experimental design was chosen over a fully randomized controlled trial. Discuss potential limitations this choice might introduce.

The detailed session-by-session breakdown of the Cognitive Bias Modification Therapy is appreciated. However, the rationale behind the gradual increase in neutral stimuli percentage could be further elaborated. Explain how this gradual increase is theoretically justified.

The description of the Mindfulness-Based Therapy sessions could benefit from a discussion on how these sessions were adapted or tailored for the university student population. Was any cultural adaptation made?

The article mentions the use of multivariate analysis of variance with repeated measures. Please clarify how the assumptions for this statistical test were checked and met, especially given the quasi-experimental design.

The table presenting pre-test and post-test scores would be more informative if accompanied by a brief interpretation within the text, explaining the implications of the observed changes in mean scores for each group.

Authors revised and uploaded the document.

1.2.   Reviewer 2

Reviewer:

The sampling method described as "convenience sampling" raises concerns about selection bias. Please justify the use of this sampling technique and discuss how it might affect the generalizability of the study's findings.

The article references a high Cronbach's alpha for the Cognitive Avoidance Questionnaire. However, it would be useful to include a brief discussion on the implications of these high values for the reliability of subscales, particularly in a university student population.

The authors mention the "cut-off score of 19" on the Social Anxiety Scale. It would be beneficial to cite the source for this cut-off value and explain its relevance in the context of the current study.

The sentence "The results indicated significant differences among the three groups in cognitive avoidance" is somewhat vague. It would be helpful to specify which groups differed significantly and the practical significance of these differences.

The discussion of cognitive avoidance could benefit from integrating more recent literature. The article references studies primarily from before 2020. Including the latest research could strengthen the argument.

The article states that "Mindfulness-Based Cognitive Behavioral Therapy had significantly different effectiveness in ineffective attitudes and the components of perfectionism and need to please others." This statement would benefit from a more nuanced discussion on why these specific components were impacted more significantly compared to others.

The explanation of the effectiveness of Cognitive Bias Modification Therapy is clear but could be strengthened by discussing its long-term effects. Consider adding literature on the durability of these interventions' effects.

Authors revised and uploaded the document.

2.   Revised

Editor's decision after revisions: Accepted.
Editor in Chief's decision: Accepted.