



The Effectiveness of Mindfulness-Based Therapy on Reducing Stress and Improving Emotion Regulation in Patients with Post-Traumatic Stress Disorder (PTSD)


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1. Round 1

1.1. Reviewer 1

Reviewer:

The introduction paragraph that discusses various treatments for PTSD (e.g., "In recent years, various treatments have been introduced...") should include more recent literature (post-2020) to reflect the latest advancements in therapeutic approaches, ensuring the study is grounded in the most current research.

The description of the intervention sessions, such as "Session 1: Introduction to Mindfulness," could be expanded to include more specific details on the exercises performed and the theoretical rationale behind them, enhancing replicability for future studies.

In the study design, clarify the nature of the intervention or treatment provided (if any) to the control group during the study period. This would help readers assess the validity of the comparative analysis.

The "Data Analysis" section mentions the use of repeated measures ANOVA but does not clarify why this method was chosen over others (e.g., mixed-model ANOVA). Including a rationale for this choice would strengthen the methodological rigor of the study.

In the "Findings and Results" section, when discussing the statistical significance of differences in emotion regulation and perceived stress scores (e.g., "The results in Table 2 indicate that the ANOVA..."), provide more context on the clinical significance of these findings to ensure they are meaningful beyond statistical measures.

In Table 2, consider adding footnotes to explain the abbreviations and statistical terms used (e.g., "Eta Squared") to make the table more accessible to a broader readership, including those less familiar with statistical analysis.

The discussion could be improved by balancing the focus between the study's positive outcomes and its limitations. The current emphasis is heavily on the benefits of mindfulness-based therapy, with relatively less attention to the limitations mentioned later. This could be addressed by integrating these limitations more evenly throughout the discussion.

Authors revised and uploaded the document.

1.2. Reviewer 2

Reviewer:

The sentence "Numerous studies have shown the effectiveness of mindfulness-based therapy..." in the introduction could benefit from additional citations to studies beyond the ones currently mentioned, especially those conducted in non-Western populations to demonstrate a broader understanding of the topic.

The "Methods and Materials" section states that 30 individuals were selected through convenience sampling. Provide a more robust justification for using convenience sampling and discuss potential biases that might arise from this sampling method.

The paragraph describing the inclusion and exclusion criteria mentions, "no drug or alcohol use in the past six months." It would be helpful to clarify how this was verified (e.g., self-report, clinical records) to strengthen the validity of participant selection.

The "Limitations & Suggestions" section should include a discussion of how the use of self-report questionnaires (e.g., PCL-5, PSS) might have introduced response biases, and suggest strategies for future research to mitigate these biases.

In the limitations section, the authors mention the geographical limitation to Rasht. It would be valuable to discuss how cultural factors specific to this region might affect the generalizability of the results to other populations.

The suggestions for future research are useful but could be more specific. For instance, instead of generally recommending "longer follow-up periods," specify a suggested minimum duration for follow-ups based on the literature, and propose concrete methodologies for integrating other therapeutic approaches with mindfulness-based therapy.

The conclusion section could be strengthened by explicitly stating how the findings of this study compare with the specific gaps in the literature identified in the introduction, thus reinforcing the study's contribution to the field.

Authors revised and uploaded the document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.