

The Effectiveness of Acceptance and Commitment Therapy on Physical and Psychological Symptoms in Patients with Type 2 Diabetes

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1. Round 1

1.1. Reviewer 1

Reviewer:

The phrase "experiencing physical illness is a part of human experience" is too broad. Consider specifying the type of physical illnesses that are relevant to your study on diabetes.

The reference to the prevalence of diabetes (Saeedi et al., 2019) should include more context about the source and specific statistics for better clarity.

"Exercises and metaphors like 'pickles', 'watching the thought train'..." - Provide a brief explanation of how these metaphors are relevant to ACT and their intended outcomes.

"Homework: Participants write a list of their life values..." - Explain how this exercise aligns with the principles of ACT and its expected impact on the participants.

"The mean age and standard deviation for the intervention group were 37.44 ± 5.14 years..." - Include a comparison test to confirm there is no significant difference in age between groups.

"Quality of Life Pre-test Intervention" - The mean values for the intervention and control groups seem unusually high. Double-check the data for accuracy and provide a rationale for these values.

"The results indicated that ACT significantly improved psychological flexibility..." - Specify which statistical tests were used to determine these results and include effect sizes where relevant.

Authors revised and uploaded the document.

1.2. Reviewer 2

Reviewer:

"Studies indicate that obese individuals are more at risk of developing type 2 diabetes (Parmar, 2018)" - Provide more details about the study design and population of Parmar (2018) to strengthen this statement.

The use of "convenience sampling" should be justified. Discuss potential biases this method may introduce and how they were mitigated.

"Inclusion criteria were a confirmed diagnosis of type 2 diabetes from medical records and clinic specialist approval" - Clarify the diagnostic criteria used for confirming type 2 diabetes.

"Participants complete pre-test questionnaires." - Specify which questionnaires were used and provide a brief description of their purpose and validation.

"Patients were taught through ACT techniques to share their distressing inner experiences" - Provide more details about the specific techniques and how their effectiveness was measured.

"Another finding of this study was the impact of ACT on HbA1c levels" - Compare your findings with more recent studies and discuss any conflicting results.

"This suggests that ACT significantly affects patients' acceptance of the disease" - Discuss the potential mechanisms through which ACT influences disease acceptance.

"Contrary to this finding, a study showed that ACT is a unique intervention for improving quality of life..." - Provide more context about this study, including the sample size and methodology, to better compare your findings.

Authors revised and uploaded the document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.