

Determining the Effectiveness of a Grounded Theory-Based Intervention Protocol in Enhancing Psychological Status and Improving Performance in Patients with Irritable Bowel Syndrome

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1. Round 1

1.1. Reviewer 1

Reviewer:

"The link between psychological factors and IBS is well-documented." — Consider expanding this statement by providing specific examples or references to key studies that illustrate the strength of this relationship. This would strengthen the argument for the importance of addressing psychological factors in IBS treatment.

"Quality of life (QoL) is a crucial variable..." — While the article discusses the impact of IBS on QoL, the specific scales or methods for measuring QoL should be introduced earlier in the introduction for clarity. This can set the stage for the intervention more effectively.

"Data analysis was performed using SPSS version 23." — Consider providing additional details on the mixed-design ANOVA model, including how the assumptions of normality and sphericity were tested. This would demonstrate methodological rigor.

"The analysis revealed significant improvements in quality of life..." — When presenting statistical findings, consider reporting effect sizes along with p-values. Effect sizes can provide more context for understanding the practical significance of the intervention.

"The Grounded Theory-based intervention protocol demonstrated sufficient capability..." — Consider elaborating on the potential mechanisms through which the intervention improved psychological status and performance. A theoretical explanation could deepen the discussion.

"The qualitative sample comprised 12 IBS patients..." — It would be helpful to clarify how the qualitative and quantitative data were integrated. Were the qualitative findings used to inform the intervention or to interpret the quantitative results?

"Research consistently highlights that IBS patients experience reduced QoL compared to the general population..." — Include a brief overview of potential confounding variables that may affect QoL in IBS patients, such as comorbid chronic conditions.

Response: Thanks for comment. Checked and revised.

1.2. Reviewer 2

Reviewer:

"The study population included individuals with IBS..." — Clarify how patients were selected for the study. Were there specific inclusion/exclusion criteria beyond seeking treatment at the designated clinics? This could help the reader assess the representativeness of the sample.

"Quality of Life in Irritable Bowel Syndrome (QOL-IBS) questionnaire..." — Provide more details on the reliability and validity of the QOL-IBS questionnaire. This could be helpful for readers interested in the rigor of the measures used.

"Psychological distress was measured using the Kessler Psychological Distress Scale (K10)..." — Expand on why the K10 was selected over other psychological distress measures. Were there specific attributes of the K10 that made it particularly suitable for IBS patients?

"In the first session participants were introduced to the study and familiarized with the schedule..." — It might be beneficial to include a brief rationale for each session's content. For example, why was stress addressed in the second session, or why was cognitive restructuring introduced in the third session?

"The study sample comprised..." — Provide a more detailed description of the sample characteristics, including gender distribution, age range, and duration of IBS symptoms. This would allow for better generalization of the results.

"The Generalized Anxiety Disorder 7 (GAD-7) scale..." — While the GAD-7 is validated for anxiety, consider discussing whether it captures IBS-specific worry effectively, or if other instruments were considered but ultimately not chosen.

"These therapies aim to enhance patients' coping mechanisms, reduce stress, and modify maladaptive thought patterns..." — Consider adding specific examples from the intervention where coping mechanisms were taught and applied. This would provide a clearer picture of how the intervention operated.

2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.