





# The Effectiveness of Acceptance and Commitment Therapy on Cognitive Emotion Regulation and Experiential Avoidance in Individuals with Leprosy in Tabriz

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The sentence "Leprosy is a neglected skin disease" lacks depth. Consider expanding with more epidemiological data to highlight the global significance of leprosy, referencing WHO statistics to underscore its public health impact.

For the Cognitive Emotion Regulation Questionnaire, detail why a Cronbach's alpha of 0.87 for negative strategies is acceptable in this context. Additionally, explain any potential implications of the reliability scores for data interpretation.

In Session 4 ("Introducing Cognitive Defusion"), explain how the exercises (e.g., "mindful walk") are tailored to leprosy patients' unique psychological challenges, enhancing the clinical relevance of the intervention.

The Shapiro-Wilk test is mentioned, but include a rationale for using it over other normality tests, and briefly discuss how potential violations were managed.

The results section mentions the groups were homogeneous. Provide a more detailed statistical summary of the pretest comparisons to reassure readers of the groups' equivalence.

The suggestion that psychologists be involved in leprosy treatment is practical, but specify what training or resources they would need to implement ACT effectively in resource-limited settings.

Authors revised and uploaded the document.

### 1.2. Reviewer 2

Reviewer:

In "Leprosy causes physical impairments....," include a brief explanation of why psychological responses, like experiential avoidance, are particularly prevalent among leprosy patients, using supporting evidence from recent studies.

The discussion of emotion regulation could benefit from a theoretical grounding. Include a brief reference to emotion regulation models (e.g., Gross's process model) to strengthen the conceptual framework.

The description of the ACT intervention is comprehensive but lacks specificity about therapist training and qualifications. Adding this information would enhance the study's replicability.

When presenting Table 3, further interpret the significance of the high eta squared values (e.g., 0.69) in terms of clinical relevance, not just statistical significance.

The statement, "ACT helps individuals become aware of their negative emotions," could be enhanced by linking this outcome to broader psychological theories or frameworks, such as Relational Frame Theory.

Expand on how ACT mechanisms (e.g., mindfulness, values clarification) specifically address the psychological issues associated with leprosy. Provide a more nuanced explanation linking each mechanism to the observed outcomes.

Authors revised and uploaded the document.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.