

The Effectiveness of Acceptance and Commitment Therapy on Depression, Anxiety, and Quality of Life in Men with Asthma


Roya. Moeinoddini¹, Amin. Rafiepoor^{2*}, Ezzatollah. Kordmirza Nikoozadeh²

¹ PhD Student, Department of Psychology, Emirates Branch, Islamic Azad University, Dubai, United Arab Emirates


² Assistant Professor, Department of Psychology, Tehran Branch, Payame Noor University, Tehran, Iran

* Corresponding author email address: rafiepoor@pnu.ac.ir

Editor

Chara A Demetriou
Department of Psychology,
University of Nicosia, Nicosia,
Cyprus
demetriou.cha@unic.ac.cy

Reviewers

Reviewer 1: Sadegh Maleki Avarsin
Associate Professor, Department of Educational Sciences, Tabriz Branch, Islamic Azad University, Tabriz, Iran. Email: s.maleki@iaut.ac.ir
Reviewer 2: Shahrokh Makvand Hoseini
Associate Professor, Department of Psychology, Semnan University, Iran.
Email: shmakvand@semnan.ac.ir

1. Round 1

1.1. Reviewer 1

Reviewer:

Consider elaborating on how the global trends in asthma prevalence specifically influence psychological well-being, linking this directly to the relevance of Acceptance and Commitment Therapy (ACT).

This section would be improved by briefly discussing any limitations in using self-reported quality-of-life measures and how these may impact the study's findings.

When introducing the measures, consider discussing any cultural adaptations or translations of the tools used, if applicable, and how they were validated in the target population.

The statistical analysis is robust but consider providing a brief explanation of why specific tests like the Greenhouse-Geisser correction were used and how they strengthen the reliability of your results.

The findings would be clearer if you included a brief discussion of the clinical significance of these results in addition to the statistical significance.

The discussion of depression outcomes is comprehensive but would be enhanced by a critical reflection on potential confounding variables that may have influenced the results.

When discussing quality-of-life improvements, consider addressing the potential long-term sustainability of these effects and any follow-up strategies that could be explored in future research.

Authors revised and uploaded the document.

1.2. *Reviewer 2*

Reviewer:

The discussion of psychiatric comorbidities could benefit from a brief comparison of asthma-related psychological disorders across different demographics or cultures to strengthen the argument.

The definition of anxiety provided is clear but could be enhanced by explaining how ACT principles specifically address the nuances of anxiety related to asthma.

The presentation of data is clear, but it would be helpful to include a brief explanation of why these specific variables were selected and how they are interconnected.

Consider adding a discussion of any contradictory findings from the literature and how these may inform or challenge your conclusions.

This section could be improved by suggesting potential mechanisms through which ACT reduces anxiety in asthma patients, supported by relevant references.

Authors revised and uploaded the document.

2. **Revised**

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.