

# A Comparison of the Effectiveness of Short-Term Psychodynamic Psychotherapy and Cognitive-Behavioral Therapy on Health Anxiety and Differentiation of Self in Patients with Coronary Artery Disease in Hamadan City

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E d i t o r	R e v i e w e r s
Chara A Demetriou  Department of Psychology, University of Nicosia, Nicosia, Cyprus demetriou.cha@unic.ac.cy	<b>Reviewer 1:</b> Ali Akbar Soleymanian  Associate Professor of Counseling Department, Bojnord University, Iran. Email: Soleymanian@ub.ac.ir <b>Reviewer 2:</b> Parvaneh Mohammadkhani  Professor, Department of Clinical Psychology, University of Rehabilitation Sciences and Social Health, Tehran, Iran. Email: Pa.mohammadkhani@uswr.ac.ir

## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

“CBT has shown promising outcomes across diverse populations...” — This general claim would benefit from a more specific example or a reference to support its applicability across illness populations.

The phrase “may offer a more profound and lasting impact on personality organization” regarding ISTDP is theoretically compelling but speculative; consider rephrasing or supporting with more empirical evidence.

The description of the Health Anxiety Inventory mentions validation by “Nargesi et al. (2017)” — please provide a full citation in the reference list, as it appears to be missing.

In the “Interventions” section for the psychodynamic group, while session goals are clearly outlined, it would enhance transparency to specify the therapeutic techniques used (e.g., interpretation, confrontation).

The CBT protocol references a “standardized framework,” but no citation is provided. Please specify the manual or protocol used, or cite its developer.

The discussion recognizes that both interventions were conducted in groups, but does not elaborate on how group dynamics might differently support ISTDP vs. CBT. Consider expanding this comparison.

Authors revised and uploaded the document.

## 1.2. Reviewer 2

Reviewer:

In “Study Design and Participants,” the use of convenience sampling is acknowledged, but the text could be improved by discussing how this may impact the external validity of the findings.

The criterion “failure to complete homework assignments” could be problematic in practice—please clarify how this was assessed and enforced objectively.

In the “Data Analysis” section, the manuscript states that all assumptions for ANCOVA were tested and met. Consider including actual test statistics (e.g., Levene’s F-values) in an appendix to support transparency.

The discussion briefly mentions the single-site nature of the sample. Consider elaborating on how cultural or regional factors specific to Hamadan may limit the broader applicability of the findings.

The claim that “ISTDP facilitates deeper emotional processing” is consistent with theory, but adding a brief discussion of the proposed mediators of change (e.g., increased affect tolerance) could improve depth.

Authors revised and uploaded the document.

## 2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.