

Comparing the Effectiveness of Acceptance and Commitment Therapy (ACT) and Dialectical Behavior Therapy Skills Training (DBT-ST) on Self-Care and Psychological Well-being in Patients with Type 2 Diabetes

Bahareh. Montazernia¹, Shirin. Kooshki^{2*}, Mohammad. Oraki³, Bahram. Mirzaian⁴

¹ Ph.D Candidate of Health Psychology, Islamic Azad University, Central Tehran Branch, Tehran, Iran

² Associate Professor of Psychology, Central Tehran Branch, Islamic Azad University, Tehran, Iran

³ Associate Professor, Department of Psychology, Payam Noor University, Tehran, Iran



⁴ Assistant Professor, Department of Psychology, Sari Branch, Islamic Azad University, Sari, Iran

* Corresponding author email address: hi.kooshki@iauctb.ac.ir

Editor

Seyed Ali Darbani¹
Assistant Professor, Department of
Psychology and Counseling, South
Tehran Branch, Islamic Azad
University, Tehran, Iran
Ali.darbani@iau.ac.ir

Reviewers

Reviewer 1: Parvaneh Mohammadkhani¹
Professor, Department of Clinical Psychology, University of Rehabilitation Sciences
and Social Health, Tehran, Iran. Email: Pa.mohammadkhani@uswr.ac.ir
Reviewer 2: Mehdi Rostami¹
Department of Psychology and Counseling, KMAN Research Institute, Richmond
Hill, Ontario, Canada. Email: dr.mrostami@kmanresce.ca

1. Round 1

1.1. Reviewer 1

Reviewer:

The study clearly addresses an important clinical question. However, the paper could benefit from a more detailed explanation of the theoretical rationale behind choosing ACT and DBT-ST for comparison. This would help in grounding the research objectives within the broader context of psychological interventions for diabetes management.

The methodology section is generally well-described but lacks detail on the randomization process and how dropout participants were handled in the analysis. Clarifying these aspects would enhance the study's reproducibility and the validity of its findings.

The presentation of findings is clear but could be improved by incorporating more sophisticated statistical analyses to explore potential mediators or moderators of therapy effects (e.g., the duration of diabetes, baseline psychological distress levels). This could provide deeper insights into how and for whom these interventions work best.

The discussion offers a good synthesis of the findings in the context of existing literature but could benefit from a more critical examination of the limitations of ACT and DBT-ST in the management of Type 2 diabetes. Including suggestions for integrating these therapies into standard diabetes care practices could enhance the paper's practical implications.

Authors uploaded the revised manuscript.

1.2. Reviewer 2

Reviewer:

While the study cites relevant literature, the review could be expanded to include a broader range of studies comparing ACT and DBT-ST across different chronic conditions. This would provide a stronger foundation for the study's hypothesis and its contribution to existing knowledge.

The limitations section appropriately acknowledges the study's constraints. However, it could be strengthened by discussing the implications of these limitations for clinical practice and future research, such as the need for longer-term follow-up studies and exploration of cost-effectiveness.

Authors uploaded the revised manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.