




# Comparison of the Effectiveness of Cognitive Behavioral Therapy and Schema Therapy on Cognitive Emotion Regulation in Patients with Major Depressive Disorder

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The manuscript is well-structured and presents its findings clearly. However, it is recommended to include a brief section summarizing the key differences in the theoretical foundations of CBT and ST, as this would enhance the reader's understanding of why differences in efficacy might exist.

While the manuscript mentions the use of repeated measures ANOVA and Bonferroni test, providing more detailed information on the assumptions checked before performing the analysis (beyond sphericity and homogeneity of variance-covariance matrices) could enhance the robustness of the findings. For instance, discussing normality checks and any transformations applied to the data would be beneficial.

The manuscript briefly mentions a one-month follow-up period. Expanding on the rationale behind choosing this specific duration and discussing potential implications for long-term outcomes could provide deeper insights into the sustainability of therapy effects.

While the manuscript mentions limitations, elaborating on how these limitations might affect the generalizability of the findings to different populations (e.g., varying severities of MDD, age groups outside of the adolescent and youth bracket, or cultural contexts) would strengthen this section.

The manuscript could benefit from a more detailed discussion on future research directions, particularly in exploring the mechanisms underlying the observed differences in therapy efficacy. Suggestions for incorporating mixed-methods approaches or qualitative components to understand patient experiences could enrich future work.

Ensure that all references are up-to-date and consider including recent studies that have been published after the manuscript's last cited works to ensure the relevance and currency of the discussion.

Authors uploaded the revised manuscript.

### 1.2. Reviewer 2

Reviewer:

The control group did not receive any form of therapy. Including an active control group, such as one receiving a different form of psychotherapy or support group sessions, would strengthen the study's design by controlling for the therapeutic effect of receiving attention and support.

The manuscript would benefit from a more detailed explanation of the sample size determination and power analysis. This should include assumptions made during the calculations, such as the effect size and expected dropout rate, to allow for replication and assessment of study power.

There is limited information on how treatment fidelity was assured for both CBT and ST sessions. Incorporating details on therapist training, supervision, and adherence checks (e.g., using session recordings or checklists) would significantly enhance the manuscript's methodological rigor.

While the manuscript provides basic demographic information, expanding on the clinical characteristics of the participants (e.g., duration of MDD, comorbid conditions) would help in understanding the sample's representativeness and the generalizability of the findings.

Authors uploaded the revised manuscript.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.