

The Efficacy of Emotion-Focused Psychotherapy on Perceived Stress and Psychological Well-being in Patients with Corona Anxiety during the Pandemic

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1. Round 1

1.1. Reviewer 1

Reviewer:

The use of purposive sampling and the small sample size could limit the generalizability of the findings. Future research should consider employing random sampling techniques and increasing the sample size to enhance the robustness and generalizability of the results.

Experimental Design: The study's reliance on a quasi-experimental design without random assignment could introduce selection bias. Implementing a randomized controlled trial (RCT) design would strengthen the causal inferences that can be drawn from the findings.

Control Group Interventions: The control group did not receive any form of intervention, which raises questions about the study's ability to isolate the effects of emotion-focused psychotherapy. Future studies could include an active control group receiving a different form of therapy to more accurately assess the efficacy of emotion-focused psychotherapy.

Measures and Instruments: While the study employs established instruments for measuring perceived stress and psychological well-being, further validation of these tools in the context of corona anxiety is recommended. Additionally, the inclusion of qualitative measures could provide deeper insights into participants' experiences and the therapy's impact.

Follow-up Period: The three-month follow-up period provides initial evidence of the intervention's lasting effects. However, extending the follow-up duration would offer a more comprehensive understanding of the therapy's long-term benefits and any potential relapse in symptoms.

Data Analysis: The use of mixed ANOVA is appropriate for the study design. Nonetheless, considering the potential for non-normal data distribution in psychological research, supplementary non-parametric tests could corroborate the findings.

Reporting of Results: The presentation of the results would benefit from a more detailed analysis of the intervention's effect on the different dimensions of psychological well-being. Breaking down the results by sub-scales could offer more nuanced insights into which aspects of well-being are most affected by the therapy.

Theoretical Contributions and Practical Implications: The discussion section could be expanded to more thoroughly contextualize the findings within the broader literature on psychotherapy for anxiety disorders. Additionally, outlining specific practical implications for clinicians and suggestions for integrating emotion-focused psychotherapy into practice would be valuable.

Limitations and Future Research Directions: While the study acknowledges some limitations, a more comprehensive discussion on potential confounders, such as the impact of ongoing pandemic-related stressors, would strengthen the manuscript. Furthermore, outlining clear directions for future research, including studies on different populations and comparative analyses of psychotherapeutic approaches, would be beneficial.

Authors uploaded the revised manuscript.

1.2. Reviewer 2

Reviewer:

Ensure that the terminology and definitions used throughout the manuscript are consistent, particularly in describing the psychotherapeutic techniques and outcomes measured.

Enhance the transparency of statistical reporting by including effect sizes and confidence intervals for all primary outcomes. This addition would aid in the interpretation of the study's clinical significance.

The literature review could be updated to include recent studies on the psychological impacts of the COVID-19 pandemic, particularly those related to anxiety and stress. This would situate the study more firmly within the current research landscape.

Expand the discussion on ethical considerations, particularly regarding the provision of intervention to the control group post-study and the management of any adverse effects experienced by participants during the therapy.

Enhance the visual presentation of the data through additional figures and tables that summarize the key findings. Visual aids could facilitate a quicker grasp of the study's results and implications.

Authors uploaded the revised manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.