






# Comparing the Effectiveness of Dialectical Behavior Therapy (DBT) and Acceptance and Commitment Therapy (ACT) on Impulsiveness, Self-Esteem Enhancement, and Reduction of Rumination

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## Editor

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The introduction sets up the study context but lacks a detailed review of previous comparisons between DBT and ACT, particularly in adolescent populations. A more thorough examination of existing literature, highlighting gaps the current study aims to fill, would strengthen the manuscript's foundation.

The study's sample size and selection process are briefly mentioned, but a more comprehensive justification for the sample size and the implications for statistical power is needed. Additionally, details on the representativeness of the sample in relation to the broader population of Tehran's male adolescents would clarify the study's generalizability.

While the interventions are described, more detail on the content of the DBT and ACT sessions, as well as any adaptations made for the adolescent population, would be beneficial. This would enhance the replicability of the study and the applicability of its findings to practice.

The manuscript would benefit from a more detailed description of the statistical methods used, including justifications for the choice of analyses and any assumptions checked prior to analysis. Additionally, considering the addition of interaction effect analyses could offer insights into how individual differences might moderate therapy outcomes.

The discussion section addresses the study's findings in the context of existing literature but falls short in thoroughly discussing the study's limitations. An expanded discussion on the limitations, including the study's design, sample characteristics, and potential biases, would provide a more balanced view of the research.

Authors uploaded the revised manuscript.

### 1.2. Reviewer 2

Reviewer:

The background provided establishes a strong rationale for the study. Minor refinements to streamline the narrative could enhance readability. Specifically, a concise summary of existing literature comparing DBT and ACT directly could further justify the study's significance.

The methods section is detailed, offering clear insights into the study's design and implementation. It would be beneficial to briefly discuss the rationale behind selecting the specific age range of 12 to 18 years for the study's participants to strengthen the section.

The results are clearly presented, with effective use of tables to convey the findings. Including effect sizes for the main findings could provide additional insight into the practical significance of the therapy outcomes.

The discussion insightfully interprets the findings, situating them within the broader literature. A minor suggestion is to expand slightly on the limitations related to the study's generalizability, considering the specific demographic and geographic focus.

The references are appropriate and current. Ensure all cited studies are included in the reference list and that there are no missing citations in the text.

Authors uploaded the revised manuscript.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.