



Comparison of Cognitive Behavioral Therapy and Mindfulness on Anxiety, and Positive and Negative Affect in Female Students

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E d i t o r

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R e v i e w e r s

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1. Round 1

1.1. Reviewer 1

Reviewer:

The introduction broadly addresses the issues of anxiety and emotional affects among students but lacks specificity regarding how the study contributes to existing literature. A more detailed analysis of gaps in the current research landscape would strengthen the justification for this study.

The use of convenience sampling raises questions about the generalizability of the findings. The manuscript should discuss the potential limitations of this sampling method and how it might affect the results.

The manuscript states that no intervention was made for the control group. It would be beneficial to elaborate on the activities or conditions the control group experienced during the study to ensure they were indeed a valid control.

While the manuscript provides a session-by-session breakdown of the CBT and mindfulness interventions, including more detailed information about the specific exercises and discussions in each session would enhance understanding and replicability.

The document mentions the reliability of the Zung Self-Rating Anxiety Scale and the Positive and Negative Affect Scale in previous studies but lacks a discussion of their validity and reliability within the context of this study's population.

While the document mentions adherence to the Helsinki Declaration, providing more specific details about the ethical approval process, informed consent procedures, and how participant confidentiality was protected would enhance the manuscript's ethical transparency.

Authors uploaded the revised manuscript.

1.2. Reviewer 2

Reviewer:

While the document outlines a quasi-experimental design with pre-test, post-test, and follow-up, it would benefit from a clearer description of the rationale behind choosing this design and how it addresses the research questions.

The manuscript mentions selecting 30 individuals through convenience sampling but does not justify why this number is sufficient for the study's statistical power. Including a power analysis would validate the sample size choice.

The manuscript would benefit from a more detailed explanation of the statistical methods used, including why three-way repeated measures ANOVA and Bonferroni post hoc tests were chosen and how they were applied to the data.

The findings indicate no significant difference between CBT and mindfulness therapy effects. A deeper discussion on why this might be the case, drawing on existing literature, would provide valuable insight.

The choice of a two-month follow-up period is mentioned but not justified. Discussing the rationale behind this timeline and how it is adequate to observe lasting effects of the interventions would strengthen the study's design section.

While the manuscript briefly mentions limitations related to self-report measures and convenience sampling, expanding this section to include limitations related to the intervention delivery, potential biases, and external validity would enhance transparency.

The manuscript concludes with broad suggestions for future research. Offering more specific recommendations, such as exploring different populations, varying the length of interventions, or utilizing a randomized controlled trial design, would be more helpful.

Authors uploaded the revised manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.