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The Effectiveness of Cognitive-Behavioral Therapy in Alleviating Symptoms of Love Trauma Syndrome in Female University Students

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1. Round 1

1.1. Reviewer 1

Reviewer:

Introduction, Paragraph 2: "The statement 'Love can be easily experienced akin to enjoying a favorite meal or watching an interesting film' needs a citation or empirical support. Consider revising for scientific rigor."

Introduction, Paragraph 4:

"The description of the stages of love trauma should include references to specific studies or clinical guidelines to enhance credibility."

Methods, Measures: "The reliability and validity measures for the Beck Depression Inventory-II (BDI-II) and Beck Anxiety Inventory should be updated with more recent studies, if available."

Methods, Cognitive Behavioral Therapy Sessions: "In Session 1: Introduction to CBT, please clarify what specific expectations and goals are communicated to the participants."

Methods, Cognitive Behavioral Therapy Sessions: "For Session 5: Psychological Relaxation Techniques, specify which relaxation techniques are taught and provide references to their efficacy."

Findings, Table 1: "Include a column for the follow-up period in the descriptive statistics table to clearly show the long-term effects."

Discussion, Paragraph 1: "The statement 'These results align with the findings of Naseri Manesh et al. (2023); Rajabi et al. (2018)...' should include a brief explanation of how the current study's findings are consistent with each cited study."

Discussion, Paragraph 2: "Provide a clearer link between the symptoms of Love Trauma Syndrome and the therapeutic approach of CBT. How exactly does CBT address each symptom?"

Discussion, Paragraph 3: "The discussion should include a more detailed analysis of the effect sizes reported. Explain the practical significance of these effect sizes in the context of the study."

Limitations & Suggestions, Paragraph 1: "The limitation regarding the reliance on self-reported measures should discuss specific types of response biases that might have affected the results."

Authors uploaded the revised manuscript.

1.2. Reviewer 2

Reviewer:

Introduction, Paragraph 1: "Please provide a more recent citation than Beyers & Seiffge-Krenke (2010) to support the claim about the extended period of young adulthood."

Introduction, Paragraph 5: "The claim that women feel a greater need for love and belonging due to their maternal role needs a stronger theoretical or empirical basis. Please elaborate or provide references."

Methods, Study Design and Participants: "Clarify the inclusion criteria, specifically how 'no participation in other therapeutic interventions' and 'no psychiatrist visits in the past month' were verified."

Findings, Statistical Analysis: "The section on the normality assumption should report the exact p-values from the Shapiro-Wilk test for transparency."

Findings, Table 2: "Clearly explain why the follow-up results are not significant, and discuss potential reasons or implications."

Limitations & Suggestions, Paragraph 2: "When suggesting future research directions, explicitly mention the need for randomized controlled trials (RCTs) to validate the findings."

Limitations & Suggestions, Paragraph 3: "Expand on the potential moderating variables such as social support and personality traits, providing examples of how they might influence the effectiveness of CBT."

Conclusion, Paragraph 1: "Reiterate the specific statistical findings in the conclusion to emphasize the robustness of the results."

Authors uploaded the revised manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.