

The Effectiveness of Schema Therapy on Impulsivity, Sexual Variety Seeking, and Anxiety in Borderline Patients

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1. Round 1

1.1. Reviewer 1

Reviewer:

Methods and Materials - Measures: When describing the Structured Clinical Interview for DSM-IV Axis II Personality Disorders (SCID-II), it would be beneficial to mention why this particular diagnostic tool was chosen over others and how it aligns with the study's objectives.

Methods and Materials - Anxiety: The Beck Anxiety Inventory (BAI) is mentioned with its scoring method. However, it would enhance clarity to explain how the scoring translates to anxiety levels (e.g., what score ranges correspond to mild, moderate, and severe anxiety).

Methods and Materials - Impulsiveness: The description of the Barratt Impulsiveness Scale (BIS-11) could benefit from an example item or two to illustrate the types of questions asked and how they measure impulsiveness.

Methods and Materials - Intervention, Session 1: The term "reparative parental connection" might not be clear to all readers. Consider briefly explaining this concept and its relevance to schema therapy.

Methods and Materials - Intervention: The detailed breakdown of therapy sessions is excellent, but consider summarizing the key goals and techniques of schema therapy at the beginning of this section for a clearer overview.

Findings and Results - Table 2: While the ANOVA results are statistically significant, consider including a brief explanation of the practical significance of these results. What do these changes mean for the participants' real-world behaviors and symptoms?

Findings and Results - Paragraph 2: The phrase "parametric analysis of covariance was used" might be too technical for some readers. Consider adding a brief explanation of why this analysis was chosen and what it helps determine.

Discussion and Conclusion - Paragraph 2: The sentence "Impulsive behavior is a symptom of borderline personality disorder included in the DSM-V" should be updated to DSM-5 for consistency with current nomenclature.

Discussion and Conclusion - Paragraph 3: The claim "There is evidence that individuals with borderline personality disorder are more inclined towards sexual promiscuity" requires additional references or clarification to support this statement.

Discussion and Conclusion - Paragraph 4: The phrase "emotional instability is described in the sixth criterion of borderline personality disorder" could be expanded to explain what the sixth criterion is for readers unfamiliar with the DSM criteria.

Authors uploaded the revised manuscript.

1.2. Reviewer 2

Reviewer:

Introduction - Paragraph 1: The phrase "BPD is a complex disorder associated with significant prevalence mortality and public health costs" could be clarified by providing specific statistics or references to support the claims regarding prevalence and public health costs.

Methods and Materials - Study Design and Participants: The sentence "The sampling method was convenience sampling using GPower-3 software with an effect size of 0.7 test power of 0.8 and 3 dependent variables measured twice resulting in a sample size of 20 participants" is quite technical. Consider breaking it down for clarity, explaining terms like "effect size" and "test power."

Findings and Results - Table 1: The table presents mean and standard deviation scores for various measures. However, it would be helpful to provide some interpretation or context for these numbers in the text, particularly how they reflect changes pre- and post-intervention.

Discussion and Conclusion - Paragraph 1: The statement "This finding is consistent with the prior results (Afsar et al. 2021; Pirani 2017)" is useful, but it would be even more informative to include a brief comparison of this study's results with those prior findings to highlight similarities and differences.

Discussion and Conclusion - Paragraph 5: When discussing schema therapists' beliefs, it would be beneficial to provide more detail on how these beliefs specifically guide therapeutic interventions and their expected outcomes.

Limitations and Suggestions - Sample Size: Mentioning that the small sample size limits generalizability is good, but consider discussing how future studies could address this limitation (e.g., through multicenter trials or larger samples).

Limitations and Suggestions - Convenience Sampling: The use of convenience sampling is noted as a limitation. It would strengthen this section to suggest alternative sampling methods that could improve the robustness of future research.

Ethics Considerations: The ethics section mentions adherence to the Helsinki Declaration. It would be beneficial to specify any institutional review board (IRB) approvals or ethical oversight received for this study.

Authors uploaded the revised manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.