



Comparison of Cognitive Behavioral Therapy and Mindfulness-Based Therapy on Relational Obsessive-Compulsive Disorder and Fear of Intimacy in Female Students


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1. Round 1

1.1. Reviewer 1

Reviewer:

"one control group." Provide more details about the control group's activities during the intervention period to rule out placebo effects.

"For statistical analysis SPSS-26 software was employed utilizing repeated measures ANOVA and Bonferroni post-hoc test." Include assumptions checks (e.g., sphericity, normality) and how violations were handled.

"The findings indicated a significant effect." Report effect sizes (e.g., partial eta squared) for the ANOVA results to indicate the magnitude of the effects.

"with a follow-up period of two months." Explain why a two-month follow-up was chosen and discuss whether this period is sufficient to assess long-term effects.

"The mean (standard deviation) age of the Cognitive Behavioral Therapy (CBT) group was 20.98 (2.10)." Provide more demographic details (e.g., socioeconomic status, academic year) to better contextualize the sample.

"The content of the CBT sessions was implemented according to the manual." Discuss how fidelity to the intervention protocol was ensured and assessed.

Authors uploaded the revised manuscript.

1.2. Reviewer 2

Reviewer:

"The Fear of Intimacy Scale and the Relationship Obsessive-Compulsive Inventory." Include information about the reliability (Cronbach's alpha) of these measures in the current sample.

"The content of the CBT sessions was implemented according to the manual provided by Beck (2020)." Briefly outline the key components of each session to provide a clearer understanding of the intervention.

"These findings are consistent with various studies." Expand the discussion to compare with specific findings from key studies, detailing similarities and differences.

"Therefore caution is advised in generalizing the results of this study." Expand on other potential limitations, such as sample size and self-report biases.

"Mindfulness therapy involves specific behavioral cognitive and metacognitive strategies." Discuss the potential mechanisms through which CBT and mindfulness therapy exert their effects on the outcomes.

Authors uploaded the revised manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.