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Comparison of the Effect of Schema Therapy and Mindfulness Technique on Existential Anxiety in Individuals with Multiple Sclerosis

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1. Round 1

1.1. Reviewer 1

Reviewer:

The literature review mentions the studies by Temple & Gall (2016) and Kessel & Dubey (2018) but does not detail their methodologies or findings. Including this information will provide better context for your research claims.

The methodology section describes the sampling process but does not explain how purposive sampling was executed in practical terms. Please provide more detail on how participants were chosen from the MS Society and how random assignment was ensured (e.g., "Using purposive sampling, individuals present in the MS Society were selected...").

Explain in more detail why the Good Existential Anxiety Scale was chosen. Include any relevant validity and reliability data from prior research to support its use (e.g., "

Authors uploaded the revised manuscript.

1.2. Reviewer 2

Reviewer:

The introduction section lacks a clear definition of existential anxiety and how it differs from other forms of anxiety. Adding a more comprehensive explanation will help set the stage for the reader (e.g., "Existential anxiety is considered a primary source of psychological disorders...").

The choice of 15 participants per group needs justification. Explain why this sample size is appropriate and reference any power analyses or related studies that informed this decision (e.g., "Considering the potential dropout of participants, 15 individuals per group were estimated").

The section on schema therapy interventions lists session activities but lacks detail on the duration and content of these sessions. Include a brief description of what a typical session entails (e.g., "Session 1: Introduction and Assessment...").

Similarly, provide more specific details on the mindfulness techniques used in the sessions, including any specific exercises or practices (e.g., "Session 2: Body Awareness...").

Authors uploaded the revised manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.