# Comparison of the Effectiveness of Integrated Self-Analytic Approach Therapy and Acceptance and Commitment Therapy on Ego Strength and Emotion Regulation Difficulties in Individuals with COVID-19 Grief Syndrome

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|---|---|
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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The objective statement could be more precise. Consider revising to: "This study aimed to investigate the effectiveness of integrated self-analytic approach therapy and acceptance and commitment therapy on ego strength and emotion regulation difficulties in individuals with COVID-19 grief syndrome."

Describe the structure and content of the therapy sessions in more detail. For example, specify the duration of each session, the frequency of sessions, and the total number of sessions for both integrated self-analytic approach therapy and acceptance and commitment therapy.

The Grief Experience Questionnaire should be described with more detail about its psychometric properties, including its validity and reliability. Mention specific studies that have validated the questionnaire in different populations, such as Bart & Scott (1989) and Mehdipour et al. (2009).

Provide more information on the scoring and interpretation of the Emotion Regulation Scale. Explain how higher or lower scores are interpreted in terms of emotion regulation strategies, referencing Garnefski & Kraaij (2006).

The Ego Strength Scale should include details on its scoring and interpretation. Explain what specific score ranges indicate about an individual's ego strength, citing Markstrom et al. (1997).

The table legend should clearly state what each variable measures (e.g., ego strength, adaptive emotion regulation). Consider adding footnotes or additional columns to clarify the meaning of the scores presented.

Justify the use of mixed ANOVA with repeated measures for data analysis. Discuss the assumptions underlying this test and how they were verified, such as the normality of distributions and the sphericity assumption.

The statement "The results showed that both therapies were significantly effective in enhancing ego strength and reducing emotion regulation difficulties" should include specific statistical results to support this claim. Mention the effect sizes and p-values to provide a clearer picture of the significance and magnitude of the effects observed.

Authors uploaded the revised manuscript.

### 1.2. Reviewer 2

Reviewer:

The sentence "Therefore, it seems that the grief and sorrow resulting from the loss of loved ones due to COVID-19 have increased in a prolonged and debilitating manner accompanied by symptoms of grief disorder" should cite relevant studies to support this claim, such as Eisma et al. (2021) and León & Guzmán-Saldaña (2023).

When defining ego strength, include citations for foundational theories and studies, such as those by Mishra (2013) and Markstrom et al. (1997), to provide a theoretical basis for the definition used.

Clarify the rationale behind selecting a purposive sampling method and explain why this method was appropriate for the study. Include references to similar studies or methodological literature to support this choice.

When explaining the findings, include more detailed theoretical underpinnings of the integrated self-analytic approach. Reference key theoretical frameworks or previous studies that support the mechanisms proposed, such as Lange (2021) and Solimannejad et al. (2019).

Provide more detail on the statistical corrections used when the assumption of sphericity was violated, specifically the Greenhouse-Geisser correction. Explain how this correction affects the interpretation of the results.

The introduction should include a discussion on the theoretical basis for using acceptance and commitment therapy (ACT) in the context of grief. Reference foundational works by Hayes (2004) and recent meta-analyses that support the effectiveness of ACT in similar contexts, such as Zhao et al. (2021).

The results table should clearly distinguish between the main effects and interaction effects. Consider using separate sections within the table or adding more descriptive labels to clarify the specific effects being reported.

Expand the discussion on the implications of the findings for clinical practice. Consider how therapists might integrate both therapies into their practice and what specific training might be needed for effective implementation.

Authors uploaded the revised manuscript.

## 2. Revised

Editor's decision after revisions: Accepted.
Editor in Chief's decision: Accepted.