



# Comparison of the Effectiveness of Mentalization-Based Therapy and Dialectical Behavior Therapy on Emotion Regulation, Impulsivity, and Self-Esteem in Individuals with Borderline Personality Disorder

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The sample size of 45 individuals is mentioned but lacks justification. Please provide a rationale or power analysis to support the adequacy of the sample size for detecting significant differences between groups.

The details regarding the control group's activities are sparse. It is important to state whether the control group received any placebo treatment or were on a waitlist. Clarify this in the methodology.

The follow-up duration of one month is relatively short. Consider discussing the implications of this short follow-up period on the study's findings and any plans for longer follow-up in future research.

The discussion section should elaborate more on the mechanisms by which DBT and MBT might differentially impact emotion regulation, impulsivity, and self-esteem. Cite relevant theories and previous research.

Authors uploaded the revised manuscript.

## 1.2. Reviewer 2

Reviewer:

The article does not describe the randomization process used to allocate participants to the experimental and control groups. Please include a detailed description of the randomization method.

There is no mention of blinding procedures for participants, therapists, or outcome assessors. Discuss whether blinding was implemented and how it was maintained throughout the study.

Details about the training and qualifications of the therapists conducting the MBT and DBT sessions are missing. Provide information on the therapists' backgrounds and any specific training they received for this study.

The validity and reliability of the outcome measures (Jackson and Claridge Borderline Personality Inventory, Emotion Regulation Questionnaire, Dickman Impulsivity Inventory, Rosenberg Self-Esteem Scale) should be discussed in more detail, particularly in the context of the Iranian population.

The results section reports p-values but does not include effect sizes. Include effect sizes (e.g., Cohen's d) for the reported outcomes to better understand the magnitude of the differences.

Authors uploaded the revised manuscript.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.