




The Effectiveness of Acceptance and Commitment Group Therapy on Cognitive Fusion, Mindfulness, and Body Mass Index in Women with Obesity

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1. Round 1

1.1. Reviewer 1

Reviewer:

In the "Methods and Materials" section, the sampling method is described as "convenience sampling." Explain why this method was chosen and discuss its potential impact on the study's generalizability.

The section "Measures" mentions the Cognitive Fusion Questionnaire and the Five Facet Mindfulness Questionnaire. Include a brief discussion on the validation of these tools within the Iranian context or similar populations.

The "Data analysis" section should elaborate on why Pearson correlation coefficients and structural equations were chosen. Discuss their suitability for the data and research questions.

In the "Findings and Results" section, the ANOVA results are reported but lack a discussion on effect sizes. Include effect sizes to better illustrate the magnitude of the findings.

The "Discussion and Conclusion" section should compare the study's findings with those of similar studies. For example, "These results align with prior findings by Alfoone et al. (2020) in improving psychological characteristics of individuals."

Authors uploaded the revised manuscript.

1.2. Reviewer 2

Reviewer:

The inclusion criteria "age range 25-40, female, education above high school diploma" lack justification. Provide a rationale for these specific criteria, particularly the educational requirement.

The exclusion criteria should include a reason for excluding individuals with "inadequate cooperation during the educational process." Define what constitutes inadequate cooperation and how it was measured.

In "Intervention," the description of the sessions is comprehensive but lacks specific examples of activities. Include a detailed example of an exercise or activity from one of the sessions to illustrate the intervention's practical application.

The description of the control group is minimal. Clarify what activities, if any, the control group engaged in during the study period to control for external variables.

Expand the discussion on the mechanisms by which acceptance and commitment therapy (ACT) affects cognitive fusion and mindfulness. Provide more theoretical or empirical support for these mechanisms.

The limitations section mentions "self-report tools" but does not address potential biases in detail. Discuss how self-report bias could have influenced the results and what steps were taken to mitigate this bias.

The impact of "contextual factors" on the participants' perceptions of the intervention's effectiveness is briefly mentioned. Elaborate on what these factors might be and how they could be controlled or measured in future research.

Authors uploaded the revised manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.