




# The Effect of Acceptance and Commitment Therapy on Cognitive Fusion in Anxious Students


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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

In the first paragraph of the Introduction, consider providing more context on the unique challenges faced by university students in educational phases to clarify the relevance of anxiety and cognitive fusion within this population.

In the Introduction, you describe the concept of cognitive fusion but do not provide a theoretical framework linking this to Acceptance and Commitment Therapy (ACT). Consider integrating relevant theories to strengthen the study's foundation.

The Intervention section describes each session of the ACT program. For the sake of reproducibility, specify the main exercises or activities conducted in each session.

You mention the Cronbach's alpha values of the Cognitive Fusion Questionnaire but do not discuss the implications of these values. Elaborate on whether these reliability scores are adequate and how they may affect your study's outcomes.

It would be beneficial to describe the control group conditions more explicitly. Were the students in the control group offered any alternative support, or were they completely untreated?

In the Data Analysis section, you use ANCOVA. Explain why ANCOVA was chosen over other statistical methods and how the assumptions of ANCOVA were checked.

On page 5, you state, "ACT led to a reduction in cognitive fusion." Discuss whether this reduction was clinically significant or if it merely reached statistical significance.

Authors uploaded the revised manuscript.

### 1.2. Reviewer 2

Reviewer:

In the Methods and Materials section, the description of the statistical population ("all female undergraduate teacher candidates...") could be enhanced by providing more details about the cultural or socioeconomic background of these students to give the study context.

You mention the "purposeful" sampling method, but the rationale for using this technique is not fully explained. Elaborate on why this method was chosen and how it may affect the generalizability of the findings.

In the Methods and Materials, you list several inclusion and exclusion criteria. Provide a scientific justification for these criteria, particularly the exclusion of students from specific campuses.

In Table 2, you report effect sizes (e.g., Eta Squared = 0.649). Discuss the practical significance of these effect sizes and how they contribute to understanding the impact of ACT.

In the Findings section, you report follow-up data. Address whether the sustained improvements in cognitive fusion are practically significant over time, considering possible external influences.

Authors uploaded the revised manuscript.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.