

The Effectiveness of Schema Therapy and Cognitive-Behavioral Intolerance of Uncertainty Interventions on Worry States, Thought-Action Fusion, and Cognitive Avoidance in Adolescents with Generalized Anxiety Disorder

Sanaz. Pourgoli¹, Mohammad. Talaei kahjugh², Elham. Sargolzaei³, Giti. Shahbazi⁴, Somaye. Nazari⁵, Zeinab. Baharestani^{1*}, Kamran. Pourmohammad Ghouchani⁴

¹ Department of Clinical Psychology, kho.C., Islamic Azad University, Khomeinishahr, Iran

² Ma Clinical Psychology, Department of Clinical Psychology, Kharazmi University, Tehran, Iran

³ Department of Clinical Psychology, Zah.C., Islamic Azad University ,Zahedan, Iran

⁴ Department of Clinical Psychology, Ki.c., Islamic Azad University, Kish, Iran

⁵ Department of Educational Psychology,Se.C., Islamic Azad University, Semnan, Iran

* Corresponding author email address: z.baharestani78@gmail.com

E d i t o r	R e v i e w e r s
Sergii Boltivets ^{id} Chief Researcher of the Department of Scientific Support of Social Formation of Youth. Mykhailo Drahomanov University, Ukraine sboltivets@ukr.net	Reviewer 1: Faranak Saboonchi ^{id} Assistant Professor, Department of Psychology, Payam Noor University, Tehran, Iran. Email: faranaksaboonchi@pnu.ac.ir Reviewer 2: Sara Nejatifar ^{id} Department of Psychology and Education of People with Special Needs, Faculty of Educational Sciences and Psychology, University of Isfahan, Isfahan, Iran.

1. Round 1

1.1. Reviewer 1

Reviewer:

The sentence “Individuals with GAD often exhibit chronic worry states, pervasive cognitive avoidance, and distorted cognitive patterns such as thought-action fusion...” restates the diagnostic features of GAD already well known. Consider tightening this to avoid redundancy.

The sentence “TAF has been shown to be particularly problematic in adolescents...” needs elaboration. The authors should explain why adolescents, from a neurodevelopmental perspective, are more susceptible to TAF.

In the schema therapy protocol paragraph, the sentence “Behavioral pattern-breaking strategies were introduced...” overlaps with CBT content. Clarify how schema therapy behavioral techniques differ from CBT behavioral experiments.

Although the limitation section mentions the difference in the number of sessions, the main discussion does not account for how this treatment dosage might influence effectiveness. Please address this in the comparative analysis.

Authors uploaded the revised manuscript.

1.2. Reviewer 2

Reviewer:

In the sentence “Adolescents, in particular, are highly vulnerable...”, citations are both recent (2024) and older (2020). Ensure a balance between foundational and current sources. Consider including more 2023–2025 citations to maintain relevance.

The second and third paragraphs discuss cognitive avoidance and worry as separate mechanisms but with overlapping definitions. Clarify how these constructs are distinguished and why they are studied separately in this research.

The sentence “Subsequent sessions targeted positive beliefs about worry...” should specify which techniques were used to target these beliefs—e.g., Socratic questioning, cost-benefit analysis?

In the paragraph following Table 2, eta-squared values are interpreted without context. Please clarify whether the effect sizes are small, medium, or large based on accepted conventions (e.g., Cohen's guidelines).

The sentence “Schema therapy also reduced TAF by addressing the underlying belief systems...” would benefit from elaborating how these belief systems change—e.g., via emotional processing, experiential techniques?

Authors uploaded the revised manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.