






Effectiveness of Cognitive-Analytic Therapy on Improving Personality Organization, Worry, and Experiential Avoidance in Adolescents with Borderline Personality Disorder

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1. Round 1

1.1. Reviewer 1

Reviewer:

The statement “Adolescents with BPD represent a particularly vulnerable group” would benefit from more recent epidemiological data to emphasize prevalence and developmental risks.

The explanation “higher scores indicate lower experiential avoidance” is crucial but buried in the paragraph. It should be highlighted earlier, as it affects interpretation of all results.

The Kolmogorov–Smirnov p-values (e.g., .05) are borderline. Please discuss whether Shapiro–Wilk was also considered, as it has more power for small samples.

The comparison with schema therapy and DBT is useful, but the sentence “CAT distinguishes itself through its integrative focus” should be balanced by acknowledging CAT’s relative limitations (e.g., less extensive evidence base).

Authors uploaded the revised manuscript.

1.2. Reviewer 2

Reviewer:

In the sentence “CAT emphasizes the exploration of maladaptive sequential patterns and reciprocal roles”, please explain how these mechanisms are specifically relevant to adolescents as opposed to adult populations.

The phrase “Cognitive-analytic interventions are particularly relevant in addressing these processes” should be supported with empirical citations that directly connect CAT with experiential avoidance rather than general therapeutic benefits.

The sentence “The aim of the present study is therefore to examine...” should explicitly state the hypotheses, not only the broad aim, to guide the reader toward expected outcomes.

The sentence “These results suggest that CAT can play a critical role...” is strong. Consider softening the language to “suggest CAT may play a critical role” due to the small sample and quasi-experimental design.

The phrase “consistent with research emphasizing the relevance of CAT” should cite specific international randomized trials, not only Iranian studies, to broaden generalizability.

Authors uploaded the revised manuscript.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.