

# Sustained Benefits of Acceptance and Commitment Therapy on Emotion Recognition and Mind-Body Connection


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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

Abstract Clarity (Abstract, Lines 1-2): "This study aims to evaluate the effectiveness of Acceptance and Commitment Therapy (ACT) on enhancing emotion recognition and strengthening the mind-body connection." - Please specify the population and setting where the study was conducted to enhance clarity and relevance.

Outcome Measures Validation (Methods and Materials, Measures, Lines 1-2): "Data were collected using the Emotion Recognition Questionnaire (ERQ) and the Mindful Awareness and Body Connection Scale (MABC)." - Include information on the validity and reliability of these measures in the context of the study population.

Statistical Analysis Rationale (Methods and Materials, Data Analysis, Lines 1-2): "Data were analyzed using SPSS-27 software." - Elaborate on the rationale for using repeated measures ANOVA and Bonferroni post-hoc tests. Consider discussing alternative statistical methods and why they were not chosen.

Demographic Details (Findings and Results, Demographic Characteristics): "The demographic characteristics of the study participants are as follows..." - Consider providing additional demographic information such as socioeconomic status, ethnicity, and health status to understand the sample's representativeness.

Results Presentation (Findings and Results, Tables 1-3): Ensure that tables include all relevant statistical information, such as confidence intervals and effect sizes, to enhance the interpretability of the results.

Clinical Implications (Discussion and Conclusion, Lines 25-26): "The findings of this study have significant clinical implications." - Elaborate on the practical applications of the findings for clinical practice, including specific recommendations for therapists.

Limitations (Discussion and Conclusion, Lines 31-32): "Despite the promising results this study has several limitations." - Address additional limitations such as potential biases in self-reported data and the lack of long-term follow-up beyond four months.

Future Research Directions (Discussion and Conclusion, Lines 39-40): "Further research should also explore the mechanisms underlying the improvements..." - Suggest specific future research directions, such as longitudinal studies to assess long-term effects and studies exploring ACT in diverse populations.

Authors revised the manuscript and uploaded the document.

### 1.2. Reviewer 2

Reviewer:

Randomization Process (Methods and Materials, Study Design and Participants, Lines 3-4): "Participants were randomly assigned to either the intervention group (ACT) or the control group with 15 participants in each group." - Clarify the randomization process used (e.g., block randomization, stratified randomization) to ensure transparency and replicability.

Control Group Details (Methods and Materials, Study Design and Participants, Line 8): "The control group did not receive any intervention during this period." - Consider adding a brief discussion on whether the control group received any form of placebo or attention control to rule out placebo effects.

Intervention Details (Methods and Materials, Intervention, Lines 1-2): "The intervention group participated in eight 60-minute ACT sessions over eight weeks." - Provide a detailed outline of the content covered in each session to allow for reproducibility of the intervention.

Assumptions Check (Methods and Materials, Data Analysis, Lines 5-6): "The assumptions of repeated measures ANOVA were checked and confirmed." - Provide more detail on how assumptions such as normality, sphericity, and homogeneity of variances were tested and addressed.

Effect Sizes (Findings and Results, Tables 1-3): Include effect sizes (e.g., Cohen's d) for the main findings to provide a sense of the practical significance of the results.

Discussion on Mechanisms (Discussion and Conclusion, Lines 1-2): "The results of this study provide compelling evidence supporting the effectiveness of Acceptance and Commitment Therapy (ACT)..." - Expand the discussion on the potential mechanisms through which ACT might enhance emotion recognition and mind-body connection.

Comparison with Existing Literature (Discussion and Conclusion, Lines 5-6): "The significant improvement in emotion recognition among participants in the ACT group..." - Provide a more in-depth comparison of your findings with existing literature, highlighting similarities and differences.

Authors revised the manuscript and uploaded the document.

## 2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.