

The effectiveness of acceptance and commitment therapy on perceived stress in diabetic elderly

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1. Round 1

1.1. Reviewer 1

Reviewer:

The research question is clear and addresses a gap in the literature regarding the effectiveness of ACT for stress management in elderly individuals with diabetes. A suggestion for improvement could be to explicitly state the expected outcomes of the ACT intervention in the research question for greater specificity.

The literature review provides a solid foundation for the study, highlighting the relevance of addressing stress in elderly populations with chronic conditions. Expanding the review to include studies on the efficacy of other psychological interventions in similar populations could offer a comparative context for the significance of the study's findings.

The methodology is well-detailed, offering a clear explanation of the study's design, participant selection, and intervention process. However, the study could benefit from a larger sample size to enhance the generalizability of the findings. Additionally, including a follow-up assessment could provide insights into the long-term effects of ACT on perceived stress.

The data is presented in a clear and organized manner, with statistical analyses supporting the effectiveness of ACT. It would be beneficial to include a more detailed discussion of the statistical methods used and why they were chosen. Furthermore, visual aids such as graphs or charts could enhance the presentation of the findings.

The conclusion effectively summarizes the study's findings and their implications for practice. It would be strengthened by a more thorough exploration of how ACT could be integrated into existing care protocols for elderly individuals with diabetes. Suggestions for future research, such as exploring the mechanisms through which ACT reduces stress, could also be included.

1.2. *Reviewer 2*

Reviewer:

Broaden the literature review to include comparisons with other interventions.

Consider increasing the sample size and including a follow-up phase for stronger evidence of efficacy and insight into long-term benefits.

Enhance the data presentation with visual aids and a deeper explanation of statistical methods.

Expand the conclusion to include practical applications of ACT within healthcare protocols and suggestions for future research on its mechanisms of action.

2. **Revised**

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.