

Evaluating the Efficacy of a Multifaceted Health Behavior Training Program on Psychological Distress

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1. Round 1

1.1. Reviewer 1

Reviewer:

The study's sample size (50 participants) is relatively small, which may limit the generalizability of the findings. Future research could benefit from a larger and more diverse sample to enhance the external validity and applicability of the results across different populations.

While the study includes a three-month follow-up, longer-term assessments could provide valuable insights into the sustainability of the intervention's benefits. Investigating the program's impact over an extended period would be an important direction for future research.

The article could provide more detailed information on the participants' characteristics, including their specific sources of psychological distress. This detail would help in understanding the intervention's applicability to various forms of distress and identifying any differential effects based on participant demographics or distress etiology.

Response: Revised and uploaded the manuscript.

1.2. *Reviewer 2*

Reviewer:

The reliance on self-reported measures for psychological distress could introduce response bias. Incorporating objective measures or clinician-administered assessments could strengthen the study's findings and provide a more nuanced understanding of the intervention's effects.

Ensuring and reporting on the fidelity of the intervention delivery would strengthen the study's internal validity. Future studies should include measures to assess the consistency and quality of the program's implementation across sessions and facilitators.

Response: Revised and uploaded the manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.