

# The Effectiveness of a Third-Wave Behavioral Therapy-Based Intervention Package on Emotion Regulation, Emotional Adjustment, Mood and Anxiety Symptoms, and Borderline Personality Disorder in Patients with Borderline Personality Disorder Experiencing Emotional Breakup

Seyedeh Morvarid. Aleyassin<sup>1</sup>  Parvin. Rafieinia<sup>2\*</sup>  Parviz. Sabahi<sup>3</sup> 


<sup>1</sup> Ph.D. Student, Department of Psychology, Faculty of Psychology and Educational Sciences, Semnan University, Semnan, Iran

<sup>2</sup> Assistant Professor, Faculty of Psychology and Educational Sciences, Semnan University, Semnan, Iran



<sup>3</sup> Associate Professor, Faculty of Psychology and Educational Sciences, Semnan University, Semnan, Iran

\* Corresponding author email address: P\_rafieinia@semnan.ac.ir

### Editor

Trevor Archer   
Professor Department of  
Psychology University of  
Gothenburg Sweden  
trevorcsarcher49@gmail.com

### Reviewers

**Reviewer 1:** Farideh Dokanehi Fard   
Associate Professor, Counseling Department, Roudehen Branch, Islamic Azad  
University, Roudehen, Iran. Email: f.dokaneifard@riau.ac.ir  
**Reviewer 2:** Mohammad Masoud Dayarian   
Assistant Professor, Department of Counseling, Khomeinishahr Branch, Islamic  
Azad University, Komeinishar/Isfahan, Iran. dayariyan@iaukhsh.ac.ir

## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The explanation of borderline personality disorder (BPD) symptoms focuses on general characteristics. Adding specific statistics or a comparison with other personality disorders would provide more context and relevance.

The sentence, "32 individuals meeting the inclusion criteria were purposively selected," could be strengthened by explaining why purposive sampling was used instead of other methods, such as random sampling.

The improvement in variables such as "Adaptive Strategies" is significant. However, the authors should provide effect sizes (e.g., Cohen's d) to quantify the practical significance of the findings.

The analysis shows a regression in "Maladaptive Strategies" to pretest levels during follow-up. Discuss why this might have occurred and how future studies might address this limitation.

The authors attribute improvements in cognitive emotion regulation to DBT and metacognitive therapy but provide limited mechanistic insights. Expand on how these therapies address underlying neurocognitive deficits in BPD.

The results for "General Distress" show significant improvements at post-test and follow-up. Discuss if there were additional contextual factors (e.g., therapy setting) influencing these results.

Response: Revised and uploaded the manuscript.

### 1.2. Reviewer 2

Reviewer:

The relationship between emotional breakups and physical symptoms (e.g., chest pain) could be expanded by citing additional sources or linking it more explicitly to the study's aims.

The primary research question lacks specificity. Rephrase it to include the intervention's main components or hypothesized mechanisms of action.

The qualitative phase methodology lacks detail on how the articles and treatment manuals were selected. Include inclusion/exclusion criteria for the literature review.

In Session 1, while the objectives are detailed, the use of a round-robin technique for participant introductions may raise confidentiality concerns. Clarify safeguards to ensure participants' privacy.

The section mentions crisis survival strategies. Specify which validated tools or scales (if any) were used to evaluate the effectiveness of these strategies.

The statement, "Although ACT has not specifically been used to reduce mood and anxiety symptoms in individuals with BPD," could benefit from discussing similar studies in non-BPD populations.

The generalizability issue related to conducting the study in Tehran should be addressed with potential strategies for replication in diverse settings.

While ANCOVA was used, the article does not describe how assumptions for ANCOVA (e.g., homogeneity of regression slopes) were tested. Include this to validate the analysis.

Response: Revised and uploaded the manuscript.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.