






Comparison of the Effectiveness of Eye Movement Desensitization and Reprocessing and Mindfulness-Based Cognitive Therapy on Working Memory in Individuals with Primary Insomnia




Behnoush. Shariati^{1,2}, Mehrdad. Sabet^{3*}, Tahereh. Ranjbaripour^{1,2}, Sheida. Sodagar^{1,2}, Fatemeh. Mohammadi Shirmahaleh^{1,2}

¹ Department of Health and Clinical Psychology, Ka.C., Islamic Azad University, Karaj, Iran

² Clinical Cares and Health Promotion Research Center, Ka.C., Islamic Azad University, Karaj, Iran

³ Department of Psychology, Ro.C., Islamic Azad University, Roudehen, Iran

* Corresponding author email address: mehrdadsabet@iaau.ac.ir

E d i t o r	R e v i e w e r s
Anela Hasanagic  Full Professor, Department of Psychology, Faculty of Islamic Education, University of Zenica, Bosnia and Herzegovina anela.hasanagic@unze.ba	Reviewer 1: Parvaneh Mohammadkhani  Professor, Department of Clinical Psychology, University of Rehabilitation Sciences and Social Health, Tehran, Iran. Email: Pa.mohammadkhani@uswr.ac.ir Reviewer 2: Mohammadreza Zarbakhsh Bahri  Associate Professor, Department of Psychology, Tonekabon Branch, Islamic Azad University, Tonekabon, Iran. Email: M.Zarbakhsh@Toniau.ac.ir

1. Round 1

1.1. Reviewer 1

Reviewer:

In the second paragraph of the Introduction starting with “Extensive empirical and meta-analytic research confirms...”, the transition from general insomnia research to working memory is somewhat abrupt. Consider adding a sentence explicitly linking insomnia-related cognitive load to specific working memory deficits.

The paragraph beginning “Physiological research examining sleep architecture...” contains seven citations in a short span. The argument becomes citation-heavy without sufficient interpretation. Please synthesize the studies more critically rather than listing findings sequentially.

The MBCT paragraph beginning “Mindfulness-Based Cognitive Therapy (MBCT), developed by Segal and colleagues...” is substantially longer and more detailed than the preceding EMDR section. For balance, consider tightening the MBCT paragraph or expanding EMDR’s theoretical discussion for symmetry.

The paragraph “Local Iranian studies have also documented the relationship between anxiety, working memory, and sleep...” mentions localized findings. Please explicitly state whether cultural or contextual factors might influence treatment responsiveness, as this is highly relevant to an Iranian sample.

In “Study Design and Participants”, the sentence “a total of 48 individuals ... were selected through convenience sampling” lacks detail on where and how recruitment occurred beyond “referred to the researcher.” Provide more information on the recruitment setting (clinic, community, online etc.) to strengthen reproducibility.

The sentence “The test has strong validity, with validity coefficients ranging from 0.54 to 0.84, and a reported reliability of 0.78” requires specifying whether reliability refers to test–retest, internal consistency, or another metric. Please revise for precision.

The EMDR protocol description (the paragraph starting “The EMDR protocol begins with an introduction and orientation phase...”) is extremely long and detailed compared to MBCT. Consider summarizing phases and referring readers to a supplementary appendix or a standard EMDR manual.

In the Results section, the sentence “Table 1 shows that in the two experimental groups, the mean correct responses increased...” interprets descriptive statistics. For clearer academic tone, specify the magnitude of changes rather than only directional statements.

In the first paragraph of Discussion, “These findings align with the growing body of evidence...” could be strengthened by explicitly linking the mechanisms of EMDR/MBCT to the hyperarousal model of insomnia, which is only implied but not clearly integrated.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

The paragraph beginning “Working memory deficits have broad implications for daily functioning...” partially reiterates content already explained in earlier paragraphs about cognitive and executive functioning. Please revise to avoid conceptual repetition or to provide novel angles.

In the EMDR description paragraph starting “Eye Movement Desensitization and Reprocessing (EMDR) is one intervention...”, the mechanism “tax working memory resources” is mentioned. It would strengthen the argument to clarify how this mechanism theoretically relates to insomnia beyond reducing emotional vividness.

The paragraph discussing Table 2 states: “This indicates that the assumption of homogeneity of covariance matrices was met.”

In Table 4, η^2 values are provided, but the text does not interpret them using conventional benchmarks (small, medium, large). Including interpretations would help contextualize the practical significance of findings.

The sentence “The results ... were significant between the pretest–posttest and pretest–follow-up stages; however, ... posttest and follow-up were not significant” may mislead readers by implying equivalence of stability. Please quantify the rate of improvement decay or maintenance rather than describing it qualitatively.

Response: Revised and uploaded the manuscript.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.