





Comparison of the Effectiveness of Intensive Short-Term Dynamic Psychotherapy and Schema Therapy on Cognitive Emotion Regulation and Experiential Avoidance in Female Patients with Generalized Anxiety Disorder

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1. Round 1

1.1. Reviewer 1

Reviewer:

In Introduction, paragraph 2, the authors mention “maladaptive schemas... shape how individuals interpret threats.” Please clarify which schema domains or categories (e.g., disconnection/rejection, impaired autonomy) are most frequently observed in GAD patients, with citations if possible.

In Introduction, paragraph 3, the sentence “As Garnefski’s model illustrates...” refers to a model but does not articulate its theoretical components. Please expand on which aspects of the Garnefski & Kraaij framework are most relevant to the present study.

In Methods, Measures, the CERQ-P description lists subscales but does not specify which were treated as adaptive vs. maladaptive in analyses. This information is necessary for replication; please add a sentence clarifying the grouping.

Still in Measures, the description of the AAQ-II states “The latest version includes 10 items...” but the study does not clarify whether the 9-item or 10-item version was used. Please specify exactly which version was administered.

In Interventions, ISTDP section, the statement “Sessions systematically targeted a wide range of tactical defenses...” lists many defenses but does not clarify how therapists ensured fidelity. Please indicate whether a manual, checklist, or supervision model was used.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

In Introduction, paragraph 4, the authors describe experiential avoidance but do not differentiate between experiential avoidance and cognitive avoidance. Adding one sentence clarifying the conceptual distinction would enhance clarity.

In Introduction, paragraph 5, the description of ISTDP is accurate but quite general. The sentence “ISTDP focuses on resolving unconscious emotional conflicts...” should be followed by a brief description of specific ISTDP mechanisms (e.g., pressure, challenge, head-on collision) relevant to anxiety disorder treatment.

In Introduction, paragraph 6, the discussion of Schema Therapy lacks mention of schema modes, although modes are central to schema therapy practice. Please expand the sentence “Schema Therapy integrates cognitive, attachment-based, and experiential techniques...” to include examples of key modes activated in GAD clients.

In Introduction, paragraph 7, the authors state that “Recent literature suggests that combining or comparing models... can deepen the understanding of treatment mechanisms.” Please add a concrete example from the literature demonstrating such comparative work to strengthen the rationale.

In Introduction, paragraph 9, the claim “Evidence indicates that women experience higher levels of emotional reactivity...” should be supported by specifying whether these gender differences were observed in clinical or general populations, as mechanisms differ.

In Introduction, final paragraph, the aim statement is appropriate but would benefit from explicitly stating the hypothesized direction (e.g., ISTDP expected to outperform Schema Therapy), given the strong theoretical background provided.

In Methods, Study Design and Participants, the phrase “non-random purposive sampling” contradicts the later statement “eligible individuals were randomly assigned.” Please clarify the two-stage procedure and specify exactly where randomization occurred.

Response: Revised and uploaded the manuscript.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.