

Comparing the Effectiveness of Mindfulness-Based Cognitive Behavioral Group Therapy and Psychodrama on Distress Tolerance and Anxiety Sensitivity in Bereaved Survivors of Deceased COVID-19 Patients

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1. Round 1

1.1. Reviewer 1

Reviewer:

The phrase “Bereaved survivors of deceased COVID-19 patients represent a uniquely vulnerable group” would benefit from an operational definition of “bereaved survivor” (e.g., spouse, parent, child, close relative), as the term is currently conceptually broad.

The discussion of distress tolerance is conceptually sound, but the paragraph lacks explicit integration into a theoretical framework of emotion regulation, which would strengthen its conceptual rigor.

The claim “Heightened anxiety sensitivity exacerbates fear responses” should be followed by a brief explanation of the psychological mechanisms (e.g., catastrophic misinterpretation, interoceptive conditioning) underlying this relationship.

The description of psychodrama techniques is thorough; however, the manuscript does not specify therapist training, certification, or supervision, which is essential for evaluating treatment integrity.

The statement “statistical assumptions were examined” should be followed by specific test statistics and results (e.g., values for Mauchly’s test, Levene’s test) to enhance methodological transparency.

The demographic section reports age and education but omits critical variables such as gender, relationship to the deceased, time since loss, and cause-of-death context, which are highly relevant to grief outcomes.

Effect sizes (η^2) are reported, but the manuscript should include interpretive benchmarks (e.g., small, medium, large) to aid substantive interpretation.

The sentence “psychodrama produced the strongest and most durable therapeutic effects” should be supported by explicit reference to which outcome dimensions demonstrated the greatest divergence.

Response: Revised and uploaded the manuscript.

1.2. *Reviewer 2*

Reviewer:

In the sentence “Psychodrama utilizes structured role-play...”, the manuscript should explicitly distinguish between classical psychodrama and trauma-focused psychodrama, as their theoretical foundations and mechanisms differ.

The sentence “Therefore, the aim of the present study was to compare...” would be substantially strengthened by stating explicit directional hypotheses rather than a purely descriptive research aim.

The manuscript describes the study as “quasi-experimental” while also stating that participants were “randomly assigned,” which is conceptually inconsistent. The authors should clarify whether the design is experimental or quasi-experimental, as this affects causal interpretation.

The criterion “not receiving psychiatric medications” may exclude individuals with higher clinical severity. The authors should justify this choice and discuss its impact on generalizability.

The sentence “The scale contains no reverse-scored items” should be carefully verified against the exact version administered, as this statement contradicts several commonly used versions of the scale.

The reported internal consistency ($\alpha = 0.71$) is marginal. The authors should provide additional reliability evidence for the present sample or discuss measurement limitations.

The manuscript would benefit from reporting treatment fidelity procedures, such as session adherence checklists or independent supervision, to strengthen intervention credibility.

Response: Revised and uploaded the manuscript.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.