






# Comparison of the Effectiveness of Progressive Muscle Relaxation Training and Mindfulness-Based Stress Reduction Training on the Modification of Tinnitus Symptoms and Anxiety Sensitivity in Individuals with Tinnitus




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E d i t o r	R e v i e w e r s
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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

In the paragraph discussing anxiety sensitivity, please clarify whether anxiety sensitivity is conceptualized as a stable trait or a modifiable process within the framework of this study, as this distinction has implications for intervention responsiveness.

The statement “traditional biomedical approaches to tinnitus have largely focused on pharmacological treatments or auditory interventions” would be strengthened by briefly specifying the limitations of these approaches (e.g., limited efficacy, heterogeneity of response), rather than stating their shortcomings in general terms.

The descriptions of PMR and MBSR protocols are clear; however, please specify whether sessions were delivered individually or in groups, and whether treatment fidelity was monitored.

The statement “a marked reduction was observed in the experimental groups” would benefit from explicitly referencing effect sizes or percentage change to quantify the magnitude of improvement.

When reporting Mauchly's test results, consider briefly explaining the practical implication of using the Greenhouse–Geisser correction for readers less familiar with repeated-measures assumptions.

Response: Revised and uploaded the manuscript.

## 1.2. Reviewer 2

Reviewer:

When introducing progressive muscle relaxation (PMR), consider explicitly linking the physiological relaxation response to tinnitus-specific mechanisms (e.g., auditory gain, limbic system activation) to strengthen the theoretical rationale for its use in tinnitus populations.

The paragraph summarizing evidence for PMR across clinical populations would benefit from a clearer transition explaining why findings from conditions such as hypertension or insomnia are transferable to tinnitus-related distress.

In the discussion of mindfulness-based interventions, the sentence “mindfulness practices may help individuals disengage from maladaptive attentional focus on tinnitus sensations” could be elaborated by briefly referencing attentional control or decentering mechanisms more explicitly.

The paragraph reports multiple reliability indices from different studies; to improve clarity, explicitly distinguish between reliability estimates from the original validation study and those obtained in Iranian samples.

Response: Revised and uploaded the manuscript.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.