

The Effectiveness of Emotion-Focused Therapy on Rumination, Alexithymia, and Sleep Quality in Patients with Irritable Bowel Syndrome

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1. Round 1

1.1. Reviewer 1

Reviewer: The study provides valuable insights into the use of emotion-focused therapy for IBS patients, demonstrating significant improvements. However, addressing the mentioned limitations could enhance the robustness and applicability of the findings.

Sample Size and Diversity: The sample of 30 women from Kerman city limits the generalizability. A more diverse and larger sample is recommended for future research.

Control Group Design: The absence of any intervention for the control group may lead to biased results. Future studies should consider an active control group.

Methodology Clarification: Detailed explanation of the emotion-focused therapy sessions and their specific contributions to the observed changes would strengthen the study.

Statistical Analysis: While mixed ANOVA is used, further statistical details would enhance the reliability of the findings.

Long-term Implications: The study could benefit from a longer follow-up period to assess the sustainability of therapy effects.

Authors revised the manuscript.

1.2. Reviewer 2

Reviewer: The study successfully indicates the potential of emotion-focused therapy in improving IBS symptoms, but enhancements in methodology and a more detailed analysis could significantly strengthen the research's contribution to the field.

Ethical Considerations: More detailed discussion on ethical guidelines adherence, especially in terms of participant consent and data confidentiality, would be beneficial.

Detailed Intervention Description: A more comprehensive description of the therapy sessions and their alignment with the study's objectives would provide clarity.

Comparative Analysis: A comparison with other forms of therapy could offer a broader perspective on the effectiveness of emotion-focused therapy.

Psychological Variables: Expanding the range of psychological variables examined could provide a more holistic understanding of the therapy's impact.

Authors revised the manuscript.

2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.