

Effectiveness of Life Enrichment and Enhancement Program on Improving Emotional Adjustment in Women with Multiple Sclerosis

Azizreza. Ghasemzadeh^{1,2} , Maryam. Saadat^{3,4*} , Mansoureh. Rabbani Zadeh⁵ 

¹ Armada Medical Centre, Dubai, UAE

² PhD student, Department of psychology & Education of Exceptional Children, Faculty of Psychology and Education, kish International Campus, University of Tehran, Iran


³ MA in counseling, Faculty of Psychology and Educational Sciences, Shahid Beheshti University, Tehran, Iran

⁴ Lifeworks Holistic Counselling Centre, Dubai, UAE

⁵ PhD student in Health psychology, Faculty of Psychology and Educational Sciences, Tehran University, Tehran, Iran


* Corresponding author email address: maryamsaadat@lifeworks.ae

Editor


Mohsen Golparvar 

Professor, Department of Psychology, Isfahan Branch (Khorasgan), Islamic Azad University, Isfahan, mgolparvar@khuif.ac.ir

Reviewers

Reviewer 1: Nadereh Saadati 

Department of Psychology and Counseling, KMAN Research Institute, Richmond Hill, Ontario, Canada. Email: nsaadati@kmanresce.ca

Reviewer 2: Manijeh Daneshpour 

Department of Couple and Family therapy, Alliant International University, California, United States of America. mdaneshpour@alliant.edu

1. Round 1

1.1. Reviewer 1

Reviewer:

Overview:

- **Objective and Scope:** The study is focused and relevant, addressing the intersection of psychological therapy and gynecological health, a critical area in women's health research.
- **Methodological Approach:** The randomized controlled trial design is a strength, providing a robust framework for evaluating the efficacy of CBT in this context.

Strengths:

1. **Innovative Treatment Evaluation:** The study explores a non-pharmacological treatment for dysmenorrhea-related depression, contributing to a holistic approach in women's health.
2. **Statistical Rigor:** The use of ANCOVA for data analysis provides a reliable means of assessing the effectiveness of the intervention.

Areas for Improvement:

1. **Broader Sample Representation:** The sample is limited to a specific demographic, which might affect the generalizability of the findings.
2. **Longer Follow-up Period:** The study could be strengthened by including a follow-up period to assess the long-term effects of CBT.

Recommendations:

1. **Diverse Sampling:** Future studies should aim for a more diverse sample, possibly including different age groups and socioeconomic backgrounds.
2. **Extended Study Duration:** Incorporating a longitudinal aspect would provide insights into the sustainability of CBT's benefits.

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

Critical Evaluation:

- **Research Significance:** The study addresses an important aspect of mental health in the context of chronic physical conditions, offering significant insights for clinical practice.
- **Experimental Design:** The randomized control trial design is a major strength, adding validity to the results.

Positive Aspects:

1. **Focus on Women's Health:** The study contributes to the understanding of mental health issues in women with dysmenorrhea, an often overlooked area.
2. **Quantitative Analysis:** The statistical techniques used are appropriate for the study design and objectives, supporting the conclusions drawn.

Suggestions for Improvement:

1. **Cultural Context Consideration:** Further research could explore how cultural factors influence the effectiveness of CBT in this context.
2. **Comparison with Other Therapies:** Future studies could compare CBT with other forms of therapy to contextualize its effectiveness.

Future Research Directions:

1. **Expanding the Scope:** Investigating the effectiveness of CBT for dysmenorrhea-related depression in different cultural settings would be valuable.
2. **Integrative Approaches:** Examining the combination of CBT with other therapeutic modalities could provide a more comprehensive treatment framework.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor's decision: Accepted.

Editor in Chief's (The editor) decision: Accepted.