

Effectiveness of Acceptance and Commitment Therapy on Alexithymia in Women Experiencing Infidelity

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1. Round 1

1.1. Reviewer 1

Reviewer:

The research question is clear but lacks depth in its exploration of the mechanisms by which ACT impacts alexithymia. Future revisions could benefit from a more detailed exploration of specific ACT components that contribute to these effects, providing a richer theoretical framework.

While the manuscript outlines a logical progression from problem identification to solution proposal (ACT), the discussion on the theoretical underpinnings of ACT's effectiveness on alexithymia is somewhat superficial. A deeper engagement with existing literature on ACT's mechanisms, particularly in relation to emotional regulation and awareness, would strengthen the argument.

The literature review provides a suitable foundation but is somewhat narrow in scope. Expanding this section to include studies that critique or present limitations of ACT could provide a more balanced view and highlight areas for future research.

The presentation of data, especially in tables, is clear. However, the manuscript could benefit from additional graphical representations of the data (e.g., before-and-after comparisons) to enhance reader comprehension of the findings.



The statistical analysis is appropriate, but the interpretation of results would benefit from a discussion on the clinical significance of the findings, not just their statistical significance. Moreover, addressing the potential for ACT to be integrated into broader therapeutic models for treating alexithymia could provide valuable practical implications.

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

The manuscript is generally well-written but could benefit from minor revisions for clarity and conciseness. Reducing redundancy in the introduction and discussion sections could improve readability.

The discussion on the implications of the findings is insightful but could be expanded to consider long-term effects of ACT on alexithymia. A brief exploration of follow-up data, if available, or suggestions for longitudinal studies would be valuable.

While the manuscript does a commendable job of linking theory to empirical findings, further discussion on how the study's results align with or diverge from existing theoretical models of alexithymia and ACT could enhance the paper's contribution to the field.

The manuscript acknowledges limitations, but a more detailed discussion on how these limitations impact the interpretation of results and suggestions for overcoming them in future research would be beneficial.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.