

# Effectiveness of Group Schema Therapy on Life Attitude and Distress Tolerance in Women Attending Counseling Clinics

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The manuscript is generally well-structured and articulated. However, certain sections could benefit from more detailed explanations. Specifically, the "Methods and Materials" section could include more information about the recruitment process and criteria for participant inclusion. Enhancing clarity here will provide readers with a better understanding of the study's context and its generalizability.

The authors have presented a comprehensive review of the literature, effectively setting the stage for their research. It is suggested to incorporate recent studies to further solidify the study's foundation and relevance. This would not only enrich the background but also highlight the study's contribution to filling existing research gaps.

The description of the intervention (group schema therapy sessions) is informative but could be enriched by specifying the content or activities in each session more concretely. This addition would help in replicating the study and understanding the therapy's components that are most influential.

The discussion provides a thoughtful interpretation of the findings and situates them within the broader literature. It would be beneficial to include a more detailed discussion on the implications of these findings for clinical practice, particularly for counselors and psychologists working with similar populations.

The conclusion succinctly summarizes the study's key findings. Encouragingly, future research directions are suggested. Expanding on potential interdisciplinary research opportunities or different population settings could offer exciting avenues for further exploration of group schema therapy's effectiveness.

Authors revised the manuscript and uploaded the document.

## 1.2. Reviewer 2

Reviewer:

The introduction effectively establishes the study's significance and research gap. However, incorporating a brief discussion on the theoretical underpinnings of schema therapy and its relevance to women's psychological health could provide readers with a more comprehensive background.

The choice of sample size is crucial in quasi-experimental designs. While the authors mention the number of participants, a justification based on power analysis or previous literature would strengthen the study's methodological rigor.

The manuscript benefits from a clear description of the group schema therapy intervention. To enhance reproducibility and clarity, including session-by-session objectives and any homework or outside-session activities would be valuable.

The discussion thoughtfully interprets the findings in the context of existing literature. Expanding on the broader implications for mental health practice, especially in settings beyond counseling clinics, could increase the manuscript's relevance and impact.

While the limitations section acknowledges certain study constraints, further discussion on steps taken to mitigate potential biases (e.g., therapist bias in delivering the intervention) would enhance the credibility of the findings.

Authors revised the manuscript and uploaded the document.

## 2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.