






Effectiveness of Acceptance and Commitment Therapy on Distress Tolerance and Life Meaning in Depressed Women

Khadijeh. Amani Firouzabad¹, Maryam. Sayari Merkieh^{2*}, Sharifeh. Daemi Juybari³, Kiana. Hamidi Manesh⁴,
Mahboubeh. Rouhafza³

¹ Master of Clinical Psychology, Ardabil branch, Islamic Azad University, Ardabil, Iran

² Master of Clinical Psychology, Central Tehran Branch, Islamic Azad University, Tehran, Iran

³ Master of Clinical Psychology, Sari branch, Islamic Azad University, Sari, Iran



⁴ Master of General psychology, Arak Branch, Islamic Azad University, Arak, Iran

* Corresponding author email address: Maryamsayari.psycho@gmail.com

Editor

Kiumars Farahbakhsh
Associate Professor, Department of
Counseling, Allameh Tabatabai
University, Tehran, Iran,
farahbakhsh@atu.ac.ir

Reviewers

Reviewer 1: Farideh Dokanehi Fard
Associate Professor, Counseling Department, Roudehen Branch, Islamic Azad
University, Roudehen, Iran. Email: f.dokaneifard@riau.ac.ir
Reviewer 2: Mohammad Masoud Dayarian
Assistant Professor, Department of Counseling, Khomeinishahr Branch, Islamic
Azad University. Komeinishar/Isfahan, Iran. dayariyan@iaukhsh.ac.ir

1. Round 1

1.1. Reviewer 1

Reviewer:

The paper is generally well-written but could benefit from minor edits for clarity and flow. Specifically, the transition between sections (e.g., from the introduction to methods) could be smoother to guide the reader more effectively through the narrative.

While the paper mentions the use of the Distress Tolerance and Life Meaning questionnaires, providing more detail about these instruments (e.g., sample items or a brief description of what each subscale measures) would enrich the reader's understanding of what was assessed.

The results section could be enhanced by including more detailed information about the statistical analyses. For example, mentioning the effect sizes and confidence intervals for the key findings would provide a clearer picture of the magnitude and precision of the observed effects.

The limitations section is appreciated, but it could be expanded to discuss the implications of these limitations for interpreting the study results. For example, how might the convenience sampling and the study's setting in Tehran influence the generalizability of the findings?

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

The study utilizes a small sample size without a clear justification for why this number of participants was deemed sufficient. A power analysis should be conducted and reported to ensure that the study is adequately powered to detect the expected effects.

The description of the ACT intervention protocol is valuable but lacks sufficient detail for replication. Providing a session-by-session breakdown of the activities, exercises, and themes covered would significantly enhance the methodological transparency of the study.

The convenience sampling method raises concerns about selection bias. Future iterations of this research should consider employing stratified random sampling or other techniques to ensure a more representative sample of the depressed women population.

The discussion section would benefit from a more thorough comparison of the study's results with existing literature. This includes not only confirming consistencies but also exploring potential reasons for discrepancies. Additionally, integrating a discussion on the theoretical implications of the findings and how they contribute to the understanding of ACT's mechanisms would provide deeper insights.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.