





Comparing the Effectiveness of Cognitive Behavioral Therapy and Acceptance and Commitment Therapy on Interpersonal Sensitivity and Loneliness in Adult Women with Depression in Chalus

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1. Round 1

1.1. Reviewer 1

Reviewer:

Expand the introduction by providing a clearer outline of how interpersonal sensitivity and loneliness specifically impact adult women with depression. Consider incorporating more recent literature to solidify the relevance of your study's focus within current research trends.

Increase the methodological description for the selection and randomization process of participants. It would strengthen the credibility of your study if you explained how participants were randomized and whether allocation concealment was employed to minimize bias.

Elaborate on the rationale behind using a control group receiving no therapeutic intervention, considering ethical implications. Discuss how you ensured that this choice did not adversely affect participants, given the known impacts of depression.

For the Interpersonal Sensitivity Measure and UCLA Loneliness Scale, detail any normative data or reference scores that guided the interpretation of these scales in the specific demographic of adult women with depression. This would help in understanding how the scores relate to clinical significance.

Strengthen the limitations section by discussing the potential impact of the study's geographic and demographic constraints on the generalizability of the results. Additionally, reflect on the ethical considerations of long-term follow-up and ongoing support for participants post-study.

Authors revised the manuscript.

1.2. Reviewer 2

Reviewer:

Augment the review of literature by including a broader range of studies comparing CBT and ACT across different populations and psychological conditions. This will help to contextualize your findings within the broader spectrum of psychotherapy research.

Provide more detailed descriptions of the CBT and ACT intervention protocols used. Include specifics on the therapeutic techniques and exercises employed in each session to allow for reproducibility and to enable readers to understand the intervention depth.

Justify the sample size with a power analysis, detailing the expected effect sizes and the statistical power needed to detect a meaningful difference between treatments. This is crucial for assessing the robustness of your study conclusions.

Expand on the practical implications of your findings for mental health practitioners. Provide specific recommendations on how therapists might choose between CBT and ACT based on individual patient characteristics or specific symptom profiles.

Authors revised the manuscript.

2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.