

The Effectiveness of Psychodrama on Life Satisfaction, Self-Compassion, and Positive Emotions in Depressed Patients

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1. Round 1

1.1. Reviewer 1

Reviewer:

The claim "health is not merely the absence of disease or physical disability but also includes factors such as life satisfaction, hope for life, and social health" should include citations from recent WHO publications to support this expanded definition of health.

The sentence "Self-compassion involves recognizing and responding empathetically and correctly to one's own pain and suffering" could benefit from a more detailed explanation of the mechanisms by which self-compassion influences mental health, supported by recent research findings.

The inclusion criteria mention "no severe or incurable physical illnesses." This criterion should be more specific, detailing what constitutes a severe or incurable illness in this context.

When describing the Beck Depression Inventory (BDI), include the specific version used (e.g., BDI-II) and its validation for the Iranian population, including relevant psychometric properties.

The description of the psychodrama sessions is thorough, but it would be helpful to include a brief rationale for each session's activities, explaining how they contribute to the therapeutic goals.

The choice of repeated measures ANOVA should be justified, particularly why it was chosen over other potential statistical methods, such as mixed-effects models, which can handle data with more complex structures.

The sample's age distribution is provided, but additional demographic information (e.g., socioeconomic status, education level) would help contextualize the findings and assess the generalizability of the results.

The table presents means and standard deviations but does not include confidence intervals. Including confidence intervals would provide more information about the precision of the estimates.

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

The statement "everyone experiences depression and they can usually attribute it to specific events" requires clarification. Depression is a complex condition and not all cases can be directly attributed to specific events. Consider elaborating on the multifactorial nature of depression.

The ANOVA table should include effect sizes (e.g., eta-squared) to give a sense of the magnitude of the differences observed, not just their statistical significance.

The statement "Various variables such as motivation, anxiety, self-esteem, and well-being have shown favorable changes with the help of individual psychodrama" should be supported with specific studies or meta-analyses that have documented these effects.

The claim "the level of mental health, well-being, happiness, and many human emotions in interpersonal and intrapersonal relationships improved with the help of psychodrama" needs additional references to empirical studies that have reported these outcomes.

The mention of Gonzalez et al. (2018) would benefit from a more detailed description of their methodology and findings to strengthen the connection between their work and the current study.

While discussing the indirect effects of psychodrama on depression, provide more detail on the pathways through which life satisfaction, self-compassion, and positive emotions might reduce depressive symptoms, supported by theoretical frameworks.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.