

A Randomized Controlled Trial on Cognitive Therapy's Role in Enhancing Pain Self-Efficacy and Reducing Catastrophizing in Breast Cancer Patients


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1. Round 1

1.1. Reviewer 1

Reviewer:

"Pain self-efficacy refers to an individual's belief in their ability to perform tasks and manage pain despite their condition." This definition is fundamental to the study. Consider expanding this section to include more recent literature that highlights advancements in understanding pain self-efficacy's role in chronic pain management.

"Participants were recruited from oncology clinics and support groups." Provide more details about the recruitment process, including how participants were informed about the study and what criteria were used to select the oncology clinics and support groups.

"Inclusion criteria included a diagnosis of breast cancer chronic pain related to cancer or its treatment and a willingness to participate in a ten-week cognitive therapy program." It would be beneficial to detail the process of how chronic pain was assessed and confirmed in participants to ensure consistency.

"The descriptive statistics in Table 1 indicate significant differences between the intervention and control groups." Include effect sizes for these differences to provide a sense of the practical significance of the findings.

"The ANOVA results in Table 2 reveal significant differences between the intervention and control groups for all three variables." Consider adding a visual representation of these results, such as bar charts or line graphs, to enhance comprehension.

"The significant increase in pain self-efficacy observed in the intervention group aligns with existing literature." Discuss any potential reasons why the intervention group showed significant improvements compared to the control group, possibly including participant characteristics or specific aspects of the intervention.

"Improved meta-emotional regulation in the intervention group highlights the significance of addressing meta-emotions in pain management." Explore the potential mechanisms through which meta-emotional regulation impacts pain management outcomes.

"The significant reduction in pain catastrophizing observed in the intervention group is particularly noteworthy." Discuss whether there were any qualitative measures or participant feedback that provided additional insights into the reduction in catastrophizing.

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

"Meta-emotional intelligence involves the awareness understanding and management of one's own and others' emotions." The explanation of meta-emotional intelligence could be enhanced by integrating more contemporary sources that discuss its application in chronic illness contexts.

"The PSEQ has been validated in numerous studies and has demonstrated high internal consistency." Include specific studies and their findings that support the reliability and validity of the PSEQ in similar populations.

"The MES has been shown to have good internal consistency with Cronbach's alpha values typically exceeding 0.80." Provide specific examples of studies that utilized MES and discuss their findings to further support its use in this study.

"The intervention consists of ten 75-minute sessions delivered over a span of 10 weeks." Provide a more detailed outline or table summarizing each session's objectives and activities to give readers a clearer understanding of the therapy structure.

"Homework assignments involve keeping a diary of thoughts and emotions related to pain." Elaborate on how compliance with homework was monitored and any measures taken to encourage participant engagement.

"The data were analyzed using IBM SPSS Statistics Version 27 (SPSS-27)." Clarify whether any assumptions for ANOVA were violated and how any potential violations were addressed, such as through data transformation or alternative statistical methods.

"The study relied on self-reported measures which may be subject to bias." Suggest incorporating objective measures or triangulating self-reported data with other data sources to strengthen the findings.

"The findings underscore the importance of addressing both cognitive and emotional factors in pain management." Propose specific clinical recommendations based on the study's findings, such as guidelines for integrating cognitive and emotional interventions in standard care practices.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.