





Effectiveness of Compassion-Focused Therapy Training on Reducing Depression and Anxiety and Increasing Quality of Life in Women with Breast Cancer in Tehran

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1. Round 1

1.1. Reviewer 1

Reviewer:

The sentence "It is predicted to become the primary and most significant cause of death by 2030 thus posing a major threat to global public health" would benefit from a citation to support this prediction. Ensure that all such predictions are backed by recent and relevant sources.

The use of the Beck Depression Inventory (BDI) is appropriate, but the text should justify why the BDI was chosen over other depression scales, particularly in a population of breast cancer patients who may have somatic symptoms that overlap with depression.

The session details provided for the CFT intervention are comprehensive. However, it would be beneficial to include more specific information about how the content was adapted for a cancer population, given their unique psychological challenges.

The text mentions the use of the Shapiro-Wilk test for normality. Please provide a rationale for choosing this test over other normality tests, especially considering the small sample size.

The limitation section rightly notes the small sample size. It would be beneficial to suggest how future studies could be designed to address this, such as multi-center trials or the inclusion of more diverse demographic groups.

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

The statement "Notably the breast is a symbol of femininity and the thought of losing one or both breasts is intolerable for many women" should be elaborated upon with empirical studies that have explored the psychological impact of mastectomy on women's mental health.

The inclusion criteria specify "not using medications other than those for cancer." Please clarify whether the potential interactions of CFT with cancer medications were considered and how they were managed or controlled during the study.

In the results section, it is mentioned that post-test and follow-up scores are provided. However, the table should also include effect sizes for the pre-test, post-test, and follow-up comparisons to quantify the magnitude of the observed changes.

The discussion of the impact of CFT on reducing depression would benefit from a more in-depth exploration of the potential mechanisms. For instance, how might the activation of the "soothing system" in CFT biologically counteract the stress responses in cancer patients?

When discussing the reduction in anxiety, the text should compare these findings with other therapeutic approaches such as Cognitive Behavioral Therapy (CBT) or Mindfulness-Based Stress Reduction (MBSR) to provide a broader context for CFT's efficacy.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.