Comparison of the Effectiveness of Acceptance and Commitment Therapy and Transdiagnostic Treatment on Psychological Distress and Mindfulness in Women with Multiple Sclerosis

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1. Round 1

1.1. Reviewer 1

Reviewer:

The sentence "Psychological distress is characterized by symptoms such as low mood, stress, anxiety, depression..." is too general. Consider citing specific studies that define these symptoms in the context of MS patients.

The phrase "Research findings suggest that mindfulness positively impacts MS patients" needs additional support. Include recent studies (post-2020) that highlight the specific benefits of mindfulness for MS.

In the description of ACT concepts, the term "futility of excessive control" is introduced without explanation. Consider defining this term more clearly for readers unfamiliar with ACT terminology.

The goal-setting process for Transdiagnostic Treatment lacks specificity. Consider adding examples of typical goals that participants might set to help the reader better understand the intervention.

While you mention that Levene's test showed non-significant results ($p > .05$), consider adding actual test statistics (e.g., F values) to provide more transparency in the analysis.

The mean and standard deviation values for the pretest, post-test, and follow-up stages are presented, but confidence intervals could provide additional context for the variability within groups. Consider including them.

Authors revised the manuscript and uploaded the document.

1.2.   Reviewer 2

Reviewer:

The inclusion criteria mention "high scores on the Psychological Distress and Mindfulness questionnaires," but there is no explanation for what constitutes a "high score." Consider providing cutoff values or a range for clarity.

In the description of ANCOVA, it would be helpful to clarify how assumptions (e.g., normality, homogeneity of variance) were verified before conducting the analysis. This can strengthen the rigor of the study.

You mention using the K-10 scale but omit any detail on the cultural adaptation process for Iranian patients. Including how the scale was validated for your population would improve the validity of your findings.

The description of the questionnaire focuses only on internal consistency. Consider providing information on other forms of validity (e.g., construct validity) to fully support the reliability of the instrument.

The text states that the Greenhouse-Geisser correction was applied due to a violation of sphericity. Including the epsilon value will help readers understand the extent of the violation and the necessary adjustment.

The mean difference for psychological distress between the control and ACT groups is significant ($p = .006$), but the clinical relevance of this difference is unclear. Consider discussing the effect size in terms of clinical outcomes.

The comparison between ACT and TT lacks depth. Consider exploring more specific mechanisms through which TT might outperform ACT in improving mindfulness, such as focusing on emotion regulation strategies.

The statement "TT was more effective in reducing negative emotional reactions..." needs further explanation. What aspects of TT make it superior? Including theoretical justifications would strengthen this argument.

Authors revised the manuscript and uploaded the document.

2.   Revised

Editor's decision: Accepted.
Editor in Chief's decision: Accepted.