




Comparison of the Effectiveness of Cognitive-Behavioral Therapy and Acceptance and Commitment Therapy on Job Burnout and Psychological Well-being of Nurses

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1. Round 1

1.1. Reviewer 1

Reviewer:

The detailed descriptions of CBT and ACT interventions are comprehensive, but it would be helpful to include more information on how adherence to these protocols was ensured across sessions. Were there any fidelity checks or measures taken to ensure consistent delivery of the interventions?

While the results section reports p-values, it would be beneficial to include effect sizes for the reported findings to better understand the practical significance of the interventions.

The discussion section effectively explains the mechanisms of CBT and ACT. However, it would strengthen the paper to include more recent references that discuss the latest theoretical advancements in these therapeutic approaches.

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

The validity of the Maslach Burnout Inventory and the Ryff Psychological Well-being Scale in the specific cultural context of Iran should be discussed. Have these tools been validated in the Iranian population? If so, please cite relevant studies.

The study discusses follow-up results, but it's unclear how long after the interventions the follow-up occurred. Specify the follow-up duration and discuss whether this period is sufficient to assess the long-term effects of CBT and ACT on burnout and psychological well-being.

The use of repeated measures ANOVA requires certain assumptions (e.g., sphericity). Please indicate whether these assumptions were tested and how violations, if any, were handled in the analysis.

The comparison with existing literature could be expanded. For instance, discussing how the findings align or contrast with similar studies conducted in different cultural settings or healthcare systems would provide a broader context.

The limitations section mentions generalizability issues but does not discuss the potential impact of cultural factors on the study's findings. It would be useful to include a brief discussion on how cultural differences might influence the outcomes of CBT and ACT in different settings.

The tables are informative, but the formatting could be improved for readability. For example, aligning the group labels and ensuring consistent decimal places in the reported means and standard deviations would enhance clarity.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.