The Effect of Cognitive-Behavioral Therapy (CBT) on Shame and Self-Acceptance in Married Women with Depression

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1. Round 1

1.1. Reviewer 1

Reviewer:

The introduction cites multiple studies supporting the link between shame and depression. However, it would strengthen the argument to explicitly differentiate between external and internalized shame and discuss their distinct effects.

The intervention section describes the content of each session, but it does not specify whether the therapist was trained in CBT or how treatment fidelity was ensured. Adding details about therapist qualifications and supervision would be beneficial.

The discussion mentions that CBT was effective but does not specify which elements of CBT (e.g., cognitive restructuring vs. behavioral activation) were most beneficial. If session-specific data were not collected, acknowledge this as a limitation.

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

The introduction briefly mentions that CBT is "a well-established, evidence-based intervention," but it does not clarify why it is particularly suited to address shame and self-acceptance. A stronger theoretical justification would be beneficial.

The study aims to fill a research gap but does not explicitly state what prior studies have failed to address. Consider adding a sentence clarifying how this study advances existing knowledge.

The inclusion criteria mention "high levels of shame and low self-acceptance based on standardized questionnaires." However, it does not specify the cutoff scores for inclusion. Clarifying this would improve transparency.

While the study uses validated scales, it does not report their Cronbach's alpha values from the current sample. Providing these values would strengthen the reliability argument.

The article states that "Kolmogorov-Smirnov test confirmed normality," but does not mention the results of the assumption of homogeneity of covariance matrices (Box's M test). If applicable, consider reporting these results.

The discussion states that the findings align with previous studies but does not critically analyze discrepancies. Were there any unexpected findings compared to prior literature?

Authors revised the manuscript and uploaded the document.

2.   Revised

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