

The Effectiveness of Positive Psychotherapy on Perceived Stress, Health Anxiety, and Hope in Women with Breast Cancer

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E d i t o r	R e v i e w e r s
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1. Round 1

1.1. Reviewer 1

Reviewer:

In the sentence “Among the most prevalent emotional reactions are perceived stress, health anxiety, and loss of hope...”, consider supporting this claim with quantitative epidemiological data or prevalence rates to provide a clearer picture of the magnitude.

The sentence “Health anxiety... frequently co-occurs with breast cancer” is strong but could benefit from more precise prevalence statistics or a citation with numerical estimates of comorbidity.

The term “randomly assigned into two equal intervention groups and one control group” contradicts the claim of “non-equivalent group design.” Please clarify whether the assignment was random or quasi-random to maintain methodological precision.

Although you report Cronbach’s alpha as 0.73 for the current study, consider also reporting subscale reliability (agency and pathways) if available, as it supports the psychometric integrity of the instrument.

You describe the 58-item short form of the HAI. Please clarify whether you used the 18-item short form developed by Salkovskis et al. (2002), which is more commonly referenced as the “short form.”

The summary is thorough, but it would benefit from a table aligning each session's objective with specific exercises and expected psychological mechanisms (e.g., gratitude → increased positive affect).

There is no mention of how therapist adherence to the Seligman protocol was monitored. Please describe whether a fidelity checklist or supervision protocol was used to ensure intervention integrity.

While standard deviations and means are clearly reported, the interpretation paragraph under Table 1 should comment on the baseline comparability of groups. Consider performing or reporting a baseline equivalence test (e.g., t-test).

There appear to be two blocks of identical test results under different headings in Table 2. Please verify whether the second block (repeating Pillai's Trace, Wilks' Lambda, etc.) is intentional or a duplication error.

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

The definition of hope from Seligman (2019) is accurate, but Snyder's definition of hope (based on agency and pathways thinking) is more aligned with the tool used. Consider integrating Snyder's conceptualization here to maintain theoretical coherence.

In the sentence "...few aim to elevate well-being through the cultivation of psychological strengths", you could enhance clarity by providing an example of a typical intervention that focuses solely on symptom alleviation for contrast.

Some values seem inconsistent (e.g., Time df is both 2 and 1.45 across rows). Clarify why the degrees of freedom differ—was Greenhouse-Geisser applied selectively? Explain in text or a footnote.

The sentence "These stressors are not only emotional but also physiological..." is strong. To enhance depth, briefly mention the mechanism linking chronic stress to immune suppression (e.g., HPA axis dysregulation).

You cite Heratirad and Miri (2023) in the context of anxiety reduction through positive psychotherapy. Consider commenting on sample differences (e.g., students vs. patients) to contextualize generalizability.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.