

# Examining the Effectiveness of Compassion-Based Acceptance and Commitment Integrated Therapy on Cortisol Hormone Levels and Mindfulness in Infertile Women Undergoing Hormone Therapy

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

In the Introduction, the paragraph starting “Despite these advances, there is a gap in integrative, compassion-enhanced ACT interventions...” is strong but could explicitly connect this gap to the physiological measurement novelty (cortisol) to emphasize the manuscript’s unique contribution.

In “The study sample consisted of 40 women (20 in the experimental group and 20 in the control group)... through convenience sampling,” explicitly discuss how random assignment was performed after purposive selection to reassure internal validity.

While the clinical implications are noted, including practical session length, group size, and therapist training prerequisites would improve application for fertility clinics.

Authors revised the manuscript and uploaded the document.

## 1.2. Reviewer 2

Reviewer:

The section “Compassion-based elements are particularly vital because infertility often elicits profound feelings of failure and inadequacy...” lists many references but lacks a clear synthesis. Consider grouping findings (e.g., psychological outcomes vs physiological outcomes) to avoid appearing as a citation list.

In the paragraph starting “Emerging studies in the Iranian context also support this integration,” add why Iranian sociocultural stigma may amplify self-criticism and stress biomarkers. This will strengthen the rationale for culturally adapted ACT-Compassion.

In “Our results confirm that when compassion is integrated into ACT, participants show deeper acceptance of their circumstances...” expand on possible biopsychosocial pathways linking compassion to cortisol regulation to enrich theoretical contribution.

The Discussion states, “These values are higher than those reported in some earlier single-component interventions.” Cite specific effect sizes from those studies to substantiate this comparative claim.

In the paragraph “Another important implication is the effect of ACT-Compassion in the context of hormone therapy...,” briefly discuss whether different hormone protocols (e.g., IVF vs. IUI) might alter stress physiology and generalizability.

Authors revised the manuscript and uploaded the document.

## 2. Revised

Editor’s decision: Accepted.

Editor in Chief’s decision: Accepted.