





Comparison of the Effectiveness of Mindfulness-Based Stress Reduction Training and Acceptance and Commitment Therapy on Affective Control in Pregnant Women in Ilam City in 2019




Marzieh. Mohammadzadeh¹, Shahram. Mami^{2*}, Vahid. Ahmadi², Tayebah. Rashidian³

¹ PhD Student General Psychology, Department of Psychology, Ilam Branch, Islamic Azad University, Ilam, Iran

² Assistant Professor, Department of Psychology, Ilam Branch, Islamic Azad University, Ilam, Iran

³ Department of Obstetrics and Gynecology, School of Medicine, Ilam University of Medical Sciences, Ilam, Iran

* Corresponding author email address: shahram.mami@yahoo.com

| E d i t o r | R e v i e w e r s |
|---|---|
| Shahram Vahedi  Professor, Department of Educational Psychology, Faculty of Educational Sciences and Psychology, Tabriz University, Tabriz, Iran vahedi117@yahoo.com | Reviewer 1: Kamdin Parsakia  Department of Psychology and Counseling, KMAN Research Institute, Richmond Hill, Ontario, Canada. Email: kamdinparsakia@kmanresce.ca Reviewer 2: Masoud Asadi  Assistant Professor, Department of Psychology and Counseling, Arak University, Arak, Iran. Email: m-asadi@araku.ac.ir |

1. Round 1

1.1. Reviewer 1

Reviewer:

The term "emotional well-being and overall health" is broad. Specify what aspects of overall health are impacted (e.g., cardiovascular, hormonal, or fetal development) to strengthen the argument.

This statement would benefit from referencing specific gaps in prior research. For instance, are there no RCTs, or is there limited data from Middle Eastern populations?

This section would be enhanced by including evidence from meta-analyses or systematic reviews to substantiate the claims regarding ACT's efficacy.

Typo identified: the abbreviation "ECS" appears to be incorrect; the earlier abbreviation was ACS. Please correct for consistency.

ACT Intervention Paragraph: Include more details on how "values-based exercises" were operationalized in Sessions 5–8. Did participants set personal goals, write reflective journals, or engage in behavioral commitments?

Table 1 Caption and Values: The caption refers to “emotional abuse score,” which seems to be an error. The rest of the paper discusses affective control. Please revise this terminology for accuracy.

Again, the term "emotional abuse" appears inconsistent with the study's constructs. Confirm that this is a typographical error and correct throughout the results section.

This generalization would benefit from citing pregnancy-specific mindfulness studies to justify this claim (e.g., Guardino et al., 2014).

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

You mention "no divorce during pregnancy" as an inclusion criterion. Please provide a rationale—was this expected to influence emotional regulation outcomes?

While you list activities per session, it is unclear whether a standardized MBSR manual was used (e.g., Kabat-Zinn's protocol). Please clarify this for reproducibility.

Statistical Reporting: In the ANCOVA section, only p-values and η^2 are reported. It would be scientifically stronger to also report confidence intervals for the effect sizes.

Consider providing the exact skewness and kurtosis thresholds used, and cite a source (e.g., Kline, 2011) for transparency.

While noting significance, also discuss the non-significant findings (e.g., depression and anger) and potential reasons (e.g., insufficient power, intervention specificity).

Response: Revised and uploaded the manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.