

Comparison of the Effectiveness of Acceptance and Commitment Therapy and Transdiagnostic Therapy on Interpersonal Guilt and Emotional Inhibition in Patients with Multiple Sclerosis


Mojgan. Navaei¹, Mohammad Kazem. Fakhri^{2*}, Bahram. Mirzaian²

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



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

* Corresponding author email address: mk.fakhri@iau.ac.ir

E d i t o r

Azizuddin Khan
Professor, Psychophysiology
Laboratory, Department of
Humanities and Social Sciences
Indian Institute of Technology
Bombay, Maharashtra, India
aziz@hss.iitb.ac.in

R e v i e w e r s

Reviewer 1: Abolghasem Khoshkanesh
Assistant Professor, Counseling Department, Shahid Beheshti University, Tehran,
Iran.
Email: akhoshkonesh@sbu.ac.ir
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 introduction provides a broad overview of Multiple Sclerosis (MS) but lacks a clear rationale for selecting Acceptance and Commitment Therapy (ACT) and Transdiagnostic Therapy as the focal treatments. It would be beneficial to elaborate on why these specific therapies were chosen compared to other psychological approaches.

The explanation of statistical methods is thorough, but including a justification for choosing repeated measures ANCOVA over other possible analyses would add to the methodological robustness.

The presentation of means and standard deviations is clear, but discussing how these findings align or differ from similar studies could provide additional context.

The statistical assumptions are explained well, but consider including a discussion on the potential impact of violating these assumptions, even if they were not violated.

The lack of difference in the impact of both therapies on interpersonal guilt is intriguing. Discussing potential confounding variables or alternative explanations for this finding would be valuable.

Authors revised and uploaded the document.

1.2. Reviewer 2

Reviewer:

Consider including more recent statistics or additional citations to strengthen the credibility of the statement. This could improve the comprehensiveness of the literature review.

Consider clarifying how the orientation session prepared participants for the intervention. This detail would help understand the participants' baseline readiness.

The discussion provides plausible explanations but could be strengthened by referencing more recent research or theoretical frameworks that support these findings.

The explanation of why Transdiagnostic Therapy may be more effective for emotional inhibition lacks depth. Adding a discussion on how the therapy's techniques uniquely address MS-related psychological challenges would be beneficial.

Authors revised and uploaded the document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.