



Comparison of the Effectiveness of Life Therapy (LT) and Acceptance and Commitment Therapy (ACT) on Distress Tolerance and Zest for Life in Patients with Leukemia




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1. Round 1

1.1. Reviewer 1

Reviewer:

The prevalence statistics of leukemia in Iran ("26.3%, with the highest prevalence seen in acute myeloid leukemia (46%)") should include an explanation of their significance in the context of psychological interventions.

The description of the "Zest for Life Questionnaire" should include a citation for validity and reliability specific to the study population (i.e., leukemia patients).

Explain why ANCOVA and MANCOVA were chosen over other potential methods for analyzing the pretest-posttest data. Clarify assumptions met for these analyses.

The pretest means for emotional distress tolerance in all groups are close. Discuss if this homogeneity affects the interpretation of post-test results.

The statement "In the ACT group... the zest for life increased" should provide a more detailed interpretation of the changes in means and standard deviations.

The conclusion that Life Therapy emphasizes "living in the moment" more than ACT is compelling but would benefit from references or examples illustrating this distinction in practice.

Authors revised and uploaded the document.

1.2. Reviewer 2

Reviewer:

When introducing "Life Therapy," provide a clearer theoretical basis or differentiate it from similar therapies to enhance the reader's understanding.

The inclusion and exclusion criteria (e.g., "no use of psychiatric medications in the past six months") should discuss potential biases introduced by these restrictions.

While the structure of the therapy sessions is clear, including a rationale for the number of sessions (eight) would strengthen the methodology section.

The claim "Life Therapy is more effective in improving distress tolerance..." should directly reference specific statistical outcomes to substantiate the superiority of Life Therapy over ACT.

Consider elaborating on the cultural factors that might influence the effectiveness of Life Therapy in Iranian patients, as culture may play a role in its applicability.

Authors revised and uploaded the document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.