The Effect of Group Therapy Based on Psychodrama Approach on Anxiety and Sleep Quality in University Entrance Exam Candidates

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1. Round 1

1.1. Reviewer 1

Reviewer:

The introduction provides a good background on the importance of the university entrance exam but could benefit from a more direct link to the main research question. For clarity, you might want to explicitly connect the increasing anxiety and sleep disturbances during the exam period to the psychodrama intervention you're investigating.

The Beck Anxiety Inventory (BAI) and Pittsburgh Sleep Quality Index (PSQI) are well-validated tools. However, the internal consistency reported for the BAI (Cronbach's alpha of 0.75) seems slightly lower than what is typically expected. Could you discuss whether this might affect the reliability of the findings?

The intervention is well-described, but further detail on the specific psychodrama techniques used in each session would enhance clarity. For example, the description of the "ball toss" and "role reversal" techniques could be expanded to illustrate how these exercises address anxiety directly.

The post-test data are reported, but it is unclear whether participants were blinded to the experimental conditions. Discussing whether this was the case would strengthen the methodological rigor.

The link between anxiety reduction and improved sleep quality is established, but it would be helpful to delve deeper into how these two outcomes are connected. Are there physiological processes or cognitive mechanisms at play?

Authors uploaded the revised manuscript.

1.2.   Reviewer 2

Reviewer:

The section on psychodrama is well-written, but it could be enhanced by incorporating a brief review of related therapeutic models, such as cognitive-behavioral therapy (CBT) and mindfulness-based interventions, for comparison. This will give a clearer understanding of why psychodrama might be a more effective alternative.

The research gap is highlighted, but it would be beneficial to expand on how previous research has failed to address this specific issue. While previous studies on anxiety and sleep disorders are mentioned, clarifying why psychodrama was not considered earlier would strengthen this argument.

The use of ANCOVA and MANCOVA is appropriate, but it would be helpful to explain the rationale behind using both methods. Specifically, why were both used, and how do they complement each other in testing the hypotheses?

The findings are well-supported, but the discussion could further explore why psychodrama works so effectively for reducing anxiety compared to other therapeutic modalities. A deeper theoretical exploration of psychodrama's mechanisms of action would be beneficial.

While psychodrama is discussed as an effective method, there is little reference to studies that compared psychodrama directly to other therapeutic techniques, like CBT. Including such comparisons would provide a more robust evaluation of psychodrama's efficacy.

Authors uploaded the revised manuscript.

2.   Revised

Editor's decision after revisions: Accepted.
Editor in Chief's decision: Accepted.