Impact of Virtual Reality Relaxation Training on Somatic Anxiety and Coping Strategies

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E d i t o r	R e v i e w e r s
Negin Motamed-Yeganeh	**Reviewer 1:** Salahadin Lotfi
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1. Round 1

1.1. Reviewer 1

Reviewer:

This statement could benefit from citing more recent meta-analyses comparing VR-based interventions to traditional CBT in anxiety contexts.

The intervention is very well described, but it is unclear whether fidelity checks (e.g., adherence to protocol or facilitator consistency) were conducted across sessions.

Clarify how "stress-inducing" content was standardized and ethically approved. Were there any participant distress protocols in place?

While means and SDs are reported, confidence intervals (CIs) could further enhance interpretability and effect precision, especially for a small sample.

The term "passive strategies" should be defined and contrasted explicitly with active interventions like VRRT

Authors revised the manuscript and uploaded the document.

1.2.   Reviewer 2

Reviewer:

The section could be strengthened by distinguishing between emotion-focused and problem-focused coping as conceptual frameworks, providing a theoretical basis for how VR affects each type.

While this transition is clear, the rationale for choosing young adults in Armenia should be expanded. Were there cultural, logistical, or technological considerations for this population?

The CISS subscale outcomes (task, emotion, avoidance) are described, but only total scores are analyzed. Please justify why subscale analyses were not reported or included.

Consider integrating neurobiological mechanisms (e.g., vagal tone, HPA axis) to strengthen the physiological argument and add scientific depth.

Discuss differences in clinical populations used (general hospital vs. general young adult sample), as this affects generalizability.

Clarify how the present study's training differs from "metaverse-based" VR and whether future iterations might integrate such platforms.

Authors revised the manuscript and uploaded the document.

2.   Revised

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