







The Effectiveness of Group-Based Acceptance and Commitment Therapy on Self-Worth and Resilience in Obese Women

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E d i t o r	R e v i e w e r s
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1. Round 1

1.1. Reviewer 1

Reviewer:

The sentence, "Unlike traditional cognitive therapies...", generalizes CBT's objectives. To avoid misrepresentation, you could specify which CBT frameworks are being compared and provide a citation to support the claim.

The intervention section is comprehensive but reads more like a therapy manual than a methods section. Consider condensing and summarizing with a table or figure for clarity and better readability.

Although means and SDs are reported, there is no mention of whether these differences are statistically significant. Reiterate whether changes between test phases are significant and link back to inferential analyses.

The interpretation that "absence of post-treatment reinforcement strategies may have contributed..." is speculative. You may wish to temper this with language like "may plausibly" or "could potentially."

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

In mentioning “a growing body of empirical research,” consider quantifying or citing a systematic review or meta-analysis to validate the strength of this claim.

You state: “Group formats offer a sense of shared experience and mutual validation...”—this psychosocial mechanism should be supported with at least one reference from social or clinical psychology literature.

Provide evidence of construct validity for the SWQ in Iranian populations beyond internal consistency. This would strengthen the argument for the scale’s appropriateness.

Effect sizes are mentioned (e.g., $\eta^2 = .222$), but their interpretation is absent. Please classify these values (e.g., small, medium, large) using Cohen’s benchmarks to aid interpretation for readers.

The loss of statistical significance in follow-up data is presented as a decline in impact. Consider discussing whether this reflects regression to baseline or merely statistical non-significance due to power limitations.

In the sentence, “These mechanisms are consistent with previous studies...,” the mechanisms (defusion, value alignment) are assumed rather than tested. Suggest clarifying that these are inferred mechanisms.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor’s decision: Accepted.

Editor in Chief’s decision: Accepted.