

Effectiveness of Acceptance and Commitment-Based Schema Therapy on Depression and Treatment Adherence in Women with Multiple Sclerosis: A Quasi-Experimental Study

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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:

In paragraph 2, the sentence "...schemas can intensify emotional distress and undermine treatment motivation and adherence (Ghasempour et al., 2022)" is conceptually similar to the previous sentence. Consider consolidating to avoid redundancy.

The introduction lacks a clearly articulated research gap. Consider adding a sentence toward the end of the introduction to explicitly highlight what previous studies have not addressed and how this study fills that gap.

In the "Treatment Commitment" section, it is noted that higher scores indicate lower adherence. This scoring direction should be clarified in the findings section as well to ensure interpretive accuracy.

The discussion does not sufficiently address how cultural or gender-specific factors may influence treatment adherence or schema development in Iranian women with MS. This could be a valuable addition.

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

In paragraph 3, the phrase “schemas related to defectiveness, vulnerability, dependence, and failure” should be briefly defined or contextualized, as not all readers may be familiar with these specific schema domains.

Paragraph 5 introduces the integration of ACT and schema therapy. Strengthen the theoretical rationale by briefly elaborating how ACT’s focus on psychological flexibility complements schema therapy’s restructuring of maladaptive beliefs.

In the paragraph starting “The present study also aligns with the findings of Dīnparast et al.,” the generalization of sleep improvements to emotional well-being and adherence is speculative. Please clarify the logical link or cite additional supportive evidence.

The discussion makes several assumptions about underlying mechanisms (e.g., “imagery rescripting enabled emotional transformation”). Consider explicitly stating that these mechanisms are inferred rather than directly measured.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor’s decision: Accepted.

Editor in Chief’s decision: Accepted.