


## Comparing the effectiveness of Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT) and Mindfulness on body image concerns of overweight patients


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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The study is limited to overweight women in Varamin city, which may restrict the generalizability of the findings. Future research could benefit from a more diverse participant pool across different geographical locations and including men.

The reliance on the Body Image Concern Inventory alone is a limitation. Incorporating additional measures of body image and related psychological factors could provide a more nuanced understanding of the interventions' impacts.

The study does not discuss long-term effects of the interventions. Incorporating follow-up assessments would provide insights into the durability of the treatment outcomes.

### 1.2. Reviewer 2

Reviewer:

While the sampling method is described, the study could enhance its rigor by providing more information on the randomization process and how participants were matched to groups.

The study concludes that all three interventions are equally effective without delving into which components of each therapy contribute most to their efficacy. Future research could explore this to refine therapeutic approaches further.

## 2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.