Journal of Clinical Research in Paramedical Sciences
Volume 13 · Issue 1 · e146954

OPEN PEER REVIEW

The Effectiveness of Acceptance and Commitment Therapy on the Meaning of Life and Psychological Capital of Male Students with Suicidal Ideation

Mehrdad Pirfalak, Seyed Hamid Atashpour, Mohsen Golparvar

SUBMITTED	REVISED	ACCEPTED	DOI
13 Mar 2024	13 Apr 2024	21 Apr 2024	10.5812/jcrps-146954

About this report

This open peer review (OPR) report shows the public comments made on this article during peer review, by the reviewers, the associate editor and the editor-in-chief, for every revision round, together with the authors' replies. Comments appear only with the consent of the people who wrote them. Reviewers who chose to sign their report are named; the others are shown as "Referee". Comments are edited for language only, and confidential remarks to the editors are not included.

More about open peer review: brieflands.com/knowledgebase/opr

Contents

1 **Original submission** Associate Editor, Editor-in-Chief 2
2 **Revision 1** Associate Editor, Editor-in-Chief 3
Authors' reply to reviewers 4
Reviewer and editor comments 11

1 Original submission

2 comments · 6 Apr 2024 – 6 Apr 2024

Associate Editor

MAJOR REVISION 6 Apr 2024

Major Revision

Editor-in-Chief

MAJOR REVISION 6 Apr 2024

Major Revision

2

Revision 1

AUTHORS' RESPONSE TO REVIEWERS

Authors' reply to reviewers

The next pages contain the authors' point-by-point reply to the comments of this revision round, as submitted with the revised manuscript. It is published as the authors wrote it.

Dear editor,

Thank you for your valuable and useful comments and suggestions. We have modified the manuscript accordingly.

Reply to the reviewers' comments

Comments of the reviewer	Reply by the author(s)	Changes done on page number
Reviewer 1:		
Abstract: • While the abstract mentions significant differences, specifying the direction of those changes (e.g., increased meaning in life scores) would be helpful.	We rewrote the results section in the abstract.	Page: 1
• Lacks specific data on the prevalence of suicidal ideation among male students, weakening the justification for the study.	We started the background section of the abstract with the prevalence of suicidal ideation in adolescents.	Page: 1
• Details about the ACT intervention itself are missing (duration, frequency, etc.).	The details of the ACT intervention program were mentioned in the abstract.	Page: 1
Background: • The background mentions a global increase in suicide rates, but including data on male adolescents in the target region would strengthen the justification.	About suicide statistics, details were mentioned at the beginning of the introduction section. Also, suicide statistics in the target community were mentioned in the last paragraph of the introduction.	Page: 2 & 3

• The background spends significant time on suicide in general, potentially overshadowing the specific focus on meaning in life and psychological capital.	We have summarized the material presented about suicide.	Page: 1
• The background mentions meaning in life but could dedicate more space to its crucial role in adolescent well-being, especially regarding suicidal ideation.	In the introduction section, the meaning of life and its vital role in adolescent well-being were mentioned, especially regarding suicidal thoughts.	Page: 2
• While mentioning ACT's effectiveness, consider briefly outlining its core principles to give readers a better understanding of the intervention.	The summary of the main principles of the ACT was explained in the introduction section.	Page: 3
Methods: • The target population initially includes all male high school students, but the sampling process focuses on four schools. Clarify this discrepancy.	Four high schools were randomly selected using a multistage cluster random sampling method from 14 male high schools in Izeh City.	Page: 3 & 4
• The methods don't specify the control group's activity during the study period. This makes it difficult to isolate the impact of the ACT intervention.	The control group received standard mental health services offered by the school or community but did not participate in the ACT intervention.	Page: 4
• The methods section mentions using ANCOVA but could benefit from a more detailed	The data analysis section was rewritten more completely.	Page: 6

explanation of how the analysis will be conducted.		
• While 500 students were screened, the methods don't mention how many students actually met the inclusion criteria of suicidal ideation.	This sentence was corrected in the method section.	Page: 4
Results: • The results only focus on post-test scores. Including data on changes from pre-test to post-test scores for each group would strengthen the analysis.	Table 2 shows the comparison of intragroup averages.	Page: 6
• While mentioning the Shapiro-Wilk test for normality, the results could benefit from including the actual p-values to assess the strength of the normality assumption.	Values were presented in the results section	Page: 6
Discussion and Conclusions • While the discussion mentions mindfulness and acceptance strategies, it could delve deeper into the specific mechanisms by which ACT is thought to work for this population.	The discussion section was presented in full in the article.	Page: 8 & 9
• The limitations section acknowledges the sample's gender and age restrictions, but could be expanded to address potential cultural	The research limitations were modified.	Page: 9

limitations and the program's feasibility in different settings.		
• The limitations and discussion sections don't address the lack of long-term follow-up data to assess the intervention's lasting impact.	The follow-up period was also mentioned in the limitations section.	Page: 9
• The discussion mentions the need for future research but lacks specific directions. It could propose areas for further investigation based on the study's findings.	Suggestions for future studies are presented at the end of the discussion section.	Page: 9
• There is some redundancy in how the positive impact of ACT on meaning in life and psychological capital is explained. Consider streamlining these sections.	The discussion section was revised.	Page: 8 & 9
• The conclusion emphasizes the effectiveness of ACT, but tempering it with the limitations (sample size, generalizability) would strengthen the overall message.	In the research limitations section, these cases were fully explained.	Page: 9
Reviewer 2:		
• Regarding the implementation of the ACT intervention program and the treatment of the control group, mention the details in the abstract.	The details of the ACT program are mentioned in the abstract.	Page: 1

• In the abstract, explain what method and software you used to analyze the data.	The method of data analysis was explained in the abstract.	Page: 1
• Please report the mean± SD in the abstract in each group and each time.	The mean ± SD of the research variables was reported in the abstract.	Page: 1
• Please compare groups at each time in the abstract.	The results were reported in the abstract: The results revealed significant improvements in both the meaning of life and psychological capital in the ACT group compared to the control group (P<0.01).	Page: 1
• Write the background and objectives in the article separately.	Was corrected.	Page: 2 & 3
• In the introduction section, mention the background of the research.	Background replaced the introduction.	Page: 2
• Mention the need for research in the target community by mentioning statistics in the introduction section.	In the first and last paragraphs of the introduction, we talked about the target community by mentioning statistics.	Page: 2 & 3
• How about the sample size calculation?	About how to determine the sample size, more	Page: 4

	information was reported in the method section.	
• By what method was the random assignment of students with suicidal ideation in experimental and control groups done?	The students were randomly assigned to either the ACT intervention group or a control group	Page: 4
• Mention ethical considerations in the method section.	Ethical considerations were presented in the method section.	Page: 4 & 5
• How about the other statistical analysis?	The data analysis section was rewritten more completely.	Page: 6
• Describe the sample using the demographic variables.	At the beginning of the results section, information about the demographic characteristics of the participants was presented.	Page: 6
• Please report all of the between-group and within-group P-values in Table 2.	These values were reported in Table 1.	Page: 6
• In the discussion section, specify what were the findings of studies consistent with this research?	Aligned studies were mentioned in the discussion section.	Page: 8
• What suggestions can be made based on the findings of this study?	We provided practical suggestions in the conclusion section.	Page: 10

• What are your suggestions for future studies?	Suggestions were made for future studies.	Page: 10
• Rewrite the references based on the journal format.	References were rewritten according to the guidelines of the journal.	Page: 11

Best regards

2 Revision 1

2 comments · 21 Apr 2024 – 21 Apr 2024

Associate Editor

ACCEPT 21 Apr 2024

Accept

Editor-in-Chief

ACCEPT 21 Apr 2024

Accept