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OPEN PEER REVIEW

# Effectiveness of Schema Therapy on Anxiety, Depression, Fatigue, Quality of Life, and Sleep in Patients with Multiple Sclerosis: A Randomized Controlled Trial

Azam Mansourzadeh, Vahid Shaygannejad, Omid Mirmosayyeb, Alireza Afshari-Safavi, Marie Claire Gay

| SUBMITTED | REVISED | ACCEPTED | DOI |
| --- | --- | --- | --- |
| 17 Jan 2023 | 15 Jul 2023 | 12 Aug 2023 | 10.5812/mejrh-132571 |

## 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

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## 1 Original submission

4 comments · 5 Feb 2023 – 10 Feb 2023

### Referee 1 Reviewer

MAJOR REVISION 5 Feb 2023

Dear Editor
Thank you for the opportunity to review the manuscript.
The article's structure and content need to be revised by the authors and then edited by a native editor. The use of punctuation, parentheses, spacing, commas, references, abbreviations, and tables was improper throughout the manuscript. It is also necessary for the authors to adjust the manuscript's structure according to the journal's format. Excessive words and repetition, especially in the introduction, discussion, and even the results, have disrupted the logical flow of the writing.
The ethical approval, RCT registration, sampling method, randomization, blinding, evaluation time, and intervention content for the groups have not been adequately explained. A CONSORT flow diagram should also be used by the authors when revising the manuscript.
The comments to the authors are given below:
Abstract:
It is not clear what the abbreviations HD and HA stand for.
In the results section, it is necessary to mention the results related to the effect of the intervention on the fatigue and sleep quality of the participants.

1. Background
The entire Background should be written more concisely, and duplicate sentences or content should be removed. Native editing can modify both the structure and content of the manuscript.
Line 26: Please number the heading Background.
Based on the format of the journal, the rest of the headings also need to be numbered:
1. Background
2. Objectives
3. Methods
4. Results
5. Discussion
Line 30, 32, 42, 48, 54, 61: Please correct the formatting of punctuation, parentheses, spacing, commas, and references.
Line 53 and 54: When an abbreviation is first used, the term should be written in full, with the abbreviation in parentheses. In subsequent occurrences, only the abbreviation should be used.
Line 64: What does the abbreviation ST stand for?
Line 63-74: The sentences do not include references.
2. Objectives
According to the journal's format, please write the "Objective" after the Background.
3. Methods
Please number the subheadings of Methods:
3.1. Study design
3.2. Participants
3.3. Interventions
3.4. Assessments
3.5. Statistical Analysis
Line 82 (Schema therapy): When an abbreviation is first used, the term should be written in full, with the

abbreviation in parentheses. In subsequent occurrences, only the abbreviation should be used.
According to the study design, it is necessary for the authors to specify what the sampling method was, how the participants were assigned to two groups, who the intervention evaluator was, and who was blinded to the intervention and outcomes.
It is necessary to draw the CONSORT flow diagram.
The intervention program is very vague. What was the intervention for the control group, and how long did it last?
What were the details of the ST program? What exactly happened in the therapy sessions? What activities or exercises did the intervention providers and participants do? Did the intervention group receive the control group's program in addition to ST?
Line 93-94: What are the guides of Ferrel, Reiss, and Shaw?
Line 92: Who developed the intervention?
Line 98: Please add the subheading "3.4. Assessments". Introduce the intervention evaluator and mention whether he/she was aware of the random assignment of the participants. State how many times and when the evaluations were conducted, and then introduce the outcome measures.
In the "3.5. Statistical Analysis" section, the authors should introduce the statistical methods for data analysis. They also need to explain how the sample size was determined and whether it was sufficient.
4. Results
Line 147: What is the expanded disability status scale, and for what purpose is it used? The authors did not introduce this tool in the Methods section.
Table 1: The number of participants in Table 1 does not match the text of the manuscript.
Line 153-160: These lines repeat table one and should be deleted.
Table 2 and Table 3: What do the authors mean by Pre and Post? The words Pre-intervention and Post-intervention should be written in full.
Table 2 and Table 3: All abbreviations used in the tables should be written in full in the table captions. For example, BAI: Beck Anxiety Inventory, BDI: Beck Depression Inventory, ...
Line 170 and Line 172: Which variable is the reported p-value related to?
Figure 1: It is not clear in each of the figures which line indicates the changes in the intervention group and which line indicates the changes in the control group.
5. Discussion
Line 207 and Line 216: Use the abbreviations "ST" and "pwMS" instead of the full terms.
Line 214: Please correct the formatting of punctuation, parentheses, spacing, commas, and references.
Line 206-232: It is necessary to provide references for the statements made.
Line 206-232: These lines present the reasons for the effectiveness of the intervention on anxiety and depression variables. This part can be written in a better and more concise way.
In lines 233-239, the reason for the lack of influence of ST on fatigue and sleep quality is not adequately justified. It is necessary to mention acceptable reasons for these findings.
Line 240-253: The strengths and limitations of the study need to be rewritten. At the end, please mention suggestions for future studies.

**Referee 2** Reviewer

MAJOR REVISION 7 Feb 2023

Please see the attached file.

## Associate Editor

MAJOR REVISION 8 Feb 2023

Dear authors,
Manuscript ID 132571, titled “Effectiveness of Schema Therapy on Anxiety, Depression, Fatigue, and Sleep Quality of Patients with Multiple Sclerosis: A Randomized-Control Study,” which you submitted to the Middle East Journal of Rehabilitation and Health Studies, has been reviewed. Based on the reviewers’ comments, we have determined that it requires major revisions and a second review before a decision can be made about its suitability for publication in the Middle East Journal of Rehabilitation and Health Studies.

## Editor-in-Chief

MAJOR REVISION 10 Feb 2023

Dear Authors
According to the reviewers’ and associate editor’s comments, your article needs major revision. Please respond to the reviewers’ comments carefully and submit the required files.

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.

*Reviewer 1:*

*The manuscript should be edited by an expert English editor. Done . NATIVE edition done by brifland .articlx.ir*
*1. Background*
*The entire Background should be should be edited by an expert English editor. Delete lines 57-60: " In the case of a chronic disease like MS, where the sources of 58 anxiety are multiple and linked to the course of the disease, CBT may not be considered as the 59 best indication for the treatment of anxiety, since it focuses on acute anxiety and specific targets, 60 which elicit anxiety. Therefore" deleted and edited it edited by Articlx.IR*
*3. Methods*
*Line 157 and line166: Please correct the number of headings: edited*
*The intervention program is very vague and badly written. It should be revised by the authors and revised by a native editor. What exactly happened in the therapy sessions? What strategies, activities, or exercises did the intervention providers and participants do?DONE*
*4. Results*
*Table 3: What do the authors mean by Pre and Post? The words Pre-intervention and Post-intervention should be written in full.edited*
*Table 3: Abbreviations of all words used in the tables should be written in full in the table's caption. For example, BAI: Beck Anxiety Inventory, BDI: Beck Depression Inventory, ...,added*
*Line 170 and Line 172: Which variable is the reported p-value related to?added*
*5. Discussion*
*Line 277 and Line 279: Use the abbreviation "pwMS" instead of the full words.edited*
*Reviewer 2:*
*Dear author*
*Thanks for editing all comments. Thank you for your consideration*

*Associate Editor 1:1. Edit the manuscript by a native English editor.DONE Certifcation was attached 3. Which kind of block randomized method did you use? (2,4 blocked??)edited4. Who is blind in your study?thank you for your consideration ,it is edited .5. Tables: Look at APA for formatting,done*

## 2 Revision 1

3 comments · 10 Mar 2023 – 3 Apr 2023

### Referee 3 Reviewer

ACCEPT 10 Mar 2023

Dear author
Thanks for editing all comments.

### Associate Editor

MINOR REVISION 26 Mar 2023

Dear authors,
The manuscript (ID 132571), titled “Effectiveness of Schema Therapy on Anxiety, Depression, Fatigue, and Sleep Quality of Patients with Multiple Sclerosis: A Randomized-Control Study”, which you submitted to the Middle East Journal of Rehabilitation and Health Studies, has been reviewed. Based on the reviewers’ comments, we have determined that it requires minor revisions before a decision can be made about its suitability for publication in the Middle East Journal of Rehabilitation and Health Studies.
Therefore, I invite you to respond to the reviewers’ comments and the comments below and revise your manuscript.
2. Please have the manuscript edited by a native English editor.
3. What kind of block randomization method did you use? (Blocks of 2,4?)
4. Who was blinded in your study?
5. Tables: Look at APA for formatting.

### Editor-in-Chief

MINOR REVISION 3 Apr 2023

Dear Authors
According to the reviewers' and associate editor’s comments, your article needs minor revision. When revising your manuscript, please consider all issues mentioned in the reviewers' comments carefully: please outline every change made in response to their comments and submit the required files.

3

# Revision 2

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.

*Reviewer 1:*

*The manuscript should be edited by an expert English editor. Done . NATIVE edition done by brifland .articlx.ir*
*1. Background*
*The entire Background should be should be edited by an expert English editor. Delete lines 57-60: " In the case of a chronic disease like MS, where the sources of 58 anxiety are multiple and linked to the course of the disease, CBT may not be considered as the 59 best indication for the treatment of anxiety, since it focuses on acute anxiety and specific targets, 60 which elicit anxiety. Therefore" deleted and edited it edited by Articlx.IR*
*3. Methods*
*Line 157 and line166: Please correct the number of headings: edited*
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*4. Results*
*Table 3: What do the authors mean by Pre and Post? The words Pre-intervention and Post-intervention should be written in full.edited*
*Table 3: Abbreviations of all words used in the tables should be written in full in the table's caption. For example, BAI: Beck Anxiety Inventory, BDI: Beck Depression Inventory, ...,added*
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*Reviewer 2:*
*Dear author*
*Thanks for editing all comments. Thank you for your consideration*

*Associate Editor 1:1. Edit the manuscript by a native English editor.DONE Certifcation was attached 3. Which kind of block randomized method did you use? (2,4 blocked??)edited4. Who is blind in your study?thank you for your consideration ,it is edited .5. Tables: Look at APA for formatting,done*

## 3 Revision 2

4 comments · 22 Jul 2023 – 12 Aug 2023

### Referee 2 Reviewer

ACCEPT 22 Jul 2023

hi
Please recheck the references again.

### Referee 3 Reviewer

ACCEPT 10 Aug 2023

There are no public comments.

### Associate Editor

ACCEPT 10 Aug 2023

Dear Authors,
We are pleased to inform you that your article has been Accepted for publication in the journal. We recognize you choose where to submit your research, and we thank you for trusting us.
Wishing you the best in the next scientific phase of your life.

### Editor-in-Chief

ACCEPT 12 Aug 2023

Dear Authors
We are pleased to inform you that your article is accepted for publication in the MEJRHS. We hope to receive other qualified articles from your group.