

Review Form 3

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| Journal Name: | Annual Research & Review in Biology |
| Manuscript Number: | Ms_ARRB_130360 |
| Title of the Manuscript: | Cognitive Behavioural Therapy for Schizophrenia Patients |
| Type of the Article | Short communication |

General guidelines for the Peer Review process:

This journal’s peer review policy states that **NO** manuscript should be rejected only on the basis of ‘**lack of Novelty**’, provided the manuscript is scientifically robust and technically sound.
To know the complete guidelines for the Peer Review process, reviewers are requested to visit this link:

<https://r1.reviewerhub.org/general-editorial-policy/>

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PART 1: Comments

| | Reviewer’s comment | Author’s Feedback <i>(Please correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)</i> |
|---|--|---|
| <p>Please write a few sentences regarding the importance of this manuscript for the scientific community. A minimum of 3-4 sentences may be required for this part.</p> | <p>This manuscript offers valuable insights into the application of Cognitive Behavioural Therapy (CBT) in the treatment of schizophrenia, an area that has garnered significant interest in recent years. By exploring the effectiveness of CBT in addressing both positive and negative symptoms of schizophrenia, the article contributes to a deeper understanding of how psychotherapy can complement pharmacological approaches. Additionally, it highlights important techniques such as cognitive restructuring and behavioral activation, which may enhance therapeutic outcomes. This research is vital for the scientific community as it underscores the importance of integrating psychological strategies into the management of schizophrenia, ultimately aiming to improve patient quality of life and reduce relapse rates.</p> | |

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| <p>Is the title of the article suitable? (If not please suggest an alternative title)</p> | <p>The current title, "Cognitive Behavioural Therapy for Schizophrenia Patients", is clear and conveys the subject of the article. However, it could be more engaging and specific to reflect the scope and emphasis of the article better.</p> | <p>I have included necessary points</p> |
| <p>Is the abstract of the article comprehensive? Do you suggest the addition (or deletion) of some points in this section? Please write your suggestions here.</p> | <p>The abstract is well-structured and provides a clear overview of the article's focus on Cognitive Behavioural Therapy (CBT) for schizophrenia. However, a few refinements could enhance its comprehensiveness and clarity. Here are my suggestions:</p> <p>Additions:</p> <ol style="list-style-type: none">Objective of the Article: Consider briefly stating the primary objective or purpose of the article. For example, is it a review, a meta-analysis, or an exploratory discussion?Specific Populations or Case Examples: If the article targets specific subgroups (e.g., early-stage schizophrenia patients or treatment-resistant cases), mentioning this would provide a clearer context.Outcome Metrics: Include details on how CBT's effectiveness was evaluated, such as specific metrics or study findings.Limitations or Challenges: Briefly mentioning challenges or limitations in applying CBT to schizophrenia could provide a balanced perspective. <p>Deletions/Edits:</p> <ol style="list-style-type: none">"Explores into": The phrase "explores into" is redundant; "explores" is sufficient.Suggested Edit: <i>"This article explores the role of CBT in schizophrenia..."</i>Repetition of Techniques and Benefits: The points about symptom management, quality of life, and relapse prevention somewhat overlap with the earlier mention of CBT's effectiveness. Consider merging these for conciseness. <p>Revised Abstract:</p> <p>Cognitive Behavioural Therapy (CBT) is an evidence-based psychotherapeutic approach widely applied in managing schizophrenia and other mental health conditions. It addresses cognitive distortions, reduces psychotic symptoms, and enhances overall functioning by fostering adaptive coping mechanisms. This article explores the role of CBT in treating both positive symptoms (e.g., hallucinations, delusions) and negative symptoms (e.g., social withdrawal, apathy) of schizophrenia. Techniques such as cognitive restructuring, behavioral activation, and coping strategy enhancement are highlighted. Additionally, the article discusses the synergy between CBT and pharmacotherapy, demonstrating improvements in symptom management, quality of life, and relapse prevention, while considering practical challenges in implementation.</p> | <p>Made necessary corrections and changes</p> |
| <p>Is the manuscript scientifically, correct? Please write here.</p> | <p>Yes, the abstract is scientifically correct and well-articulated in presenting the role of Cognitive Behavioural Therapy (CBT) for schizophrenia.</p> | |
| <p>Are the references sufficient and recent? If you have suggestions of additional references, please mention them in the review form.</p> | <p>The references cited are accurate for that concise scientific study letter.</p> | |
| <p>Is the language/English quality of the article suitable for scholarly communications?</p> | <p>Yes, It is good language of communication of the CBT for Schizophrenia Patients</p> | |
| <p><u>Optional/General</u> comments</p> | | |