

Review of: "A Systematic Review and Meta-Analysis of Psychotherapeutic Approaches for Recurring Nightmares"

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Potential competing interests: No potential competing interests to declare.

Title: A Systematic Review and Meta-Analysis of Psychotherapeutic Approaches for Recurring Nightmares

Recurrent nightmares are a consistent symptom across several mental health disorders. They can adversely impact on general wellbeing, the quality of life, and cognition. Thus, there is the need for research to understand therapeutic measures that are effective and nacent; this makes the review relevant, current, and with good potential in informing practice and further research. The review highlights the effectiveness of psychotherapeutic methods of reducing recurrent nightmares with cognitive behavioral therapy (CBT) and imagery rehearsal therapy being more effective than other therapeutic approaches like eye movement desensitization and reprocessing (EMDR).

Although, the introduction was informative, however, the provision of a more robust background would have presented a richer overview of the context and the need for the study. The method was informative, however, the result could have been presented with more details, especially to support the author's conclusions. In addition, "moderators of treatment effectiveness", "publication bias", "risk of bias", and "sensitivity analysis" could have been supported with statistics to strengthen the results.