

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.

This is an interesting meta-analysis investigating effectiveness concerning psychotherapeutic treatment of recurring nightmares. It includes cognitive behavioral therapy, imagery rehearsal therapy and eye movement desensitization and reprocessing. There is evidence that these treatment approaches are effective in reducing nightmare frequency and intensity, even for recurring nightmares. The paper seems overall consistent and well written and methodically correct conducted.

Nevertheless, there is still some room for improvements. Even if the structure seems consistent and plausible, but the paper does not explain at all, why these psychotherapeutic approaches are effective and on which mechanisms the effectiveness is based on. Additionally, a comparison between these three approaches would be interesting.