

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.

Thank you for choosing me to review the article. The manuscript is well written and leads to findings of relevance to individuals with sleep disorders. While I congratulate the authors for the research, I have a few suggestions or recommendations to improve the quality of this manuscript.

1. It is more precise to mention the start and end date for the search instead of mentioning it is until present.
2. I would add more numeric data in abstract on outcomes and effect sizes
3. I suggest using the past tense when reporting the steps and procedures of the systematic review and meta-analysis (e.g., search strategy, study selection process, extraction) as they were conducted prior to reporting findings.
4. Can you mention how discrepancies in study selection were resolved (if a third reviewer was consulted in the case of disagreements on the inclusion of studies) or mention that there were no disagreements during the study selection process?
5. Can you define the examined psychotherapeutic approaches and mention why only studies examining these approaches were included instead of studies examining "any psychological approach" for recurrent nightmares?
6. The sum of "n" numbers when describing study characteristics ["the most common psychotherapeutic modality was cognitive-behavioral therapy (CBT; n=21), followed by imagery rehearsal therapy (IRT; n=7) and eye movement desensitization and reprocessing (EMDR; n=2)"] exceeds that of included studies (n=15). Please correct the numbers, or explain the difference and "n" refers to.
7. Can you please describe the study extraction and quality assessment process (e.g. were studies extracted by two independent reviewers and checked by a third?)?
8. Was a review protocol, detailing the steps of the current review, published to promote research transparency and reduce the risk of publication bias?
9. It would be interesting to add more graphs and tables, and compare the three psychotherapeutic approaches.
10. In abstract, you mentioned that outcome measures included nightmare frequency, distress, or related symptoms (e.g., anxiety, depression) but in results you talked about the number and frequency of nightmares. Can you please add more data on reported outcomes and their assessment tools?