Reviewer’s report

Title: Choosing between Internet-based psychodynamic versus cognitive behavioral therapy for depression: a pilot preference study

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Reviewer: Matthew Sunderland

Reviewer’s report:

The current manuscript describes and provides the results of a pilot study that attempts to compare Internet delivered cognitive behavioral therapy with Internet delivered psychodynamic therapy as well as examining the importance of treatment preference. There are several limitations, all of which the authors have listed, that limit the strength of the paper and findings. Most notably, the lack of control group to systematically compare ICBT and IPDT, very small sample sizes that limit power, unequal sample sizes in the ICBT and IPDT groups that limit comparisons, a lack of randomization to examine the effect of treatment preference.

That being said, the authors have clearly indicated that this is a pilot study and there is a need for further, more robust, investigation. Likewise the authors have not over-stated their findings. Given the novel aspects of this study and the lack of previous literature investigating head-to-head comparisons of ICBT and IPDT as well as the impact of treatment preference, I believe this article provides an initial step into a significant and interesting field of research that requires further attention.

Major compulsory revision: I have none.

Minor essential revisions: I would have liked to see more description regarding the information provided to the participants to guide their treatment preference. What type of information was provided? Were any findings regarding the efficacy of each treatment modality provided?

Discretionary revisions: I found it interesting that ICBT had a significant effect on the secondary measures, such as GAD, BAI, and QOLI, but not for the IPDT group. It may be that there was insufficient power to detect differences in the IPDT group but I also wonder whether there are other factors, specific to the ICBT treatment protocol, that make it more suitable to reducing comorbid forms of depression and anxiety in comparison to IPDT. Perhaps the authors may wish to include this as an additional direction for future research.

Level of interest: An article whose findings are important to those with closely related research interests

Quality of written English: Acceptable
Statistical review: No, the manuscript does not need to be seen by a statistician.

Declaration of competing interests:
I declare that I have no competing interests