Reviewer’s report

Title: The prediction of treatment outcomes by early maladaptive schemas and schema modes in obsessive-compulsive disorder

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Reviewer: Aashild Tellefsen Haaland

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REVIEW

The present study examined whether early maladaptive schemas affect treatment outcome in Obsessive Compulsive Disorder (OCD). The sample consisted of 70 outpatients who completed exposure and response prevention treatment. The results show that schemas of failure and emotional inhibition have a negative influence on treatment outcome. The topic of the manuscript is of major interest because many patients with OCD do not respond optimally to treatment. The inclusion of schema therapy elements could be a promising approach for these patients. Although some theoretical work has been done with regards to such relationship, empirical investigations particularly with clinical samples are scarce.

Introduction:

• I would recommend additional justification for including Schema-modes and especially a more detailed theoretical rationale of why dysfunctional coping and parents mode are hypothesized to be negatively related to treatment outcome.

• 107: When referred to Voderholzner et al. (33) it is unclear if the 13 schemas that is mentioned here is EMS or other schemas. This should be written clearer.

• Nothing is written about Childhood traumas here although this measurement is included in the analyses. In sentence 97, it could be mentioned and also give an explanation why childhood traumas are important controlling for.

• Missing a better explanation of why some particular predictors (hording and traumatization) are especially important to control for. Low insight and expressed emotions, some personality disorders are also found to be predictors. What is the reason for selections?

Method:

• The greatest weakness in this study is small sample size compared to the numbers of predictors, increasing the risk for Type I error.

• No formal fidelity analyses were conducted. A note about this in the Discussion would be useful.
• What is meant by experienced interviewers on SCID I? How are they trained?
• Missing inter-rater reliability for Y-bocs.
• Life-satisfaction schema should be described in the method section.

Discussion
• The discussion could provide more detail on the clinical applications of the findings.

Overall, as acknowledged by the authors, the study is underpowered. This weakness notwithstanding, little empirical investigations in this field justifies a place for the manuscript in the literature.

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

Quality of written English: Acceptable

Statistical review: Yes, and I have assessed the statistics in my report.

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