



Strength-Based Therapy: Empowering Athletes' Self-Efficacy and Life Satisfaction

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1. Round 1

1.1 Reviewer 1

Date: 14 December 2023

Reviewer:

The manuscript could benefit from a clearer delineation of how this study's approach to strength-based therapy differs from or builds upon previous models used in sports psychology. This specificity could help clarify the study's unique contribution.

Adding a section that reviews the failure or less significant outcomes of similar interventions in past research could provide a more balanced view and emphasize the significance of the current study's positive findings.

Although the study design is well-explained, providing additional details on the selection criteria for participants and more information on the intervention's specific activities might enhance reproducibility and the understanding of what contributed most to the outcomes.

Expanding on the statistical analysis section by explaining the choice of statistical tests in the context of the study's specific data structure and hypotheses could enhance the manuscript's analytical transparency.

The discussion could be enriched by including a subsection on the potential for integrating strength-based therapy into regular athletic training programs, including possible challenges and recommendations for implementation.

Incorporating a few direct quotes from participants about their experience could add a qualitative dimension to the findings, making the results more relatable to readers.

Ensure all references are up to date and correctly cited, especially when discussing the theoretical underpinnings of strength-based therapy.

Authors revised the manuscript and uploaded the updated document.

1.2 Reviewer 2

Date: 16 December 2023

Reviewer:

The research question is clearly defined, however, further elaboration on why these specific measures of self-efficacy and life satisfaction were chosen over others could enhance the paper. For example, discussing how these scales specifically relate to the unique pressures faced by athletes might add depth.

The manuscript presents a logical flow from the introduction through to the findings. Nonetheless, incorporating a brief discussion on potential mechanisms through which strength-based therapy influences psychological outcomes could provide a more comprehensive understanding.

While the literature review is thorough, integrating recent studies on similar interventions in non-athletic populations could offer a broader context for the readers. This would help in understanding the novelty and contribution of the current study to the field.

The presentation of results is clear. It might be beneficial to include visual aids, such as graphs or charts, to depict the changes in self-efficacy and life satisfaction scores over time for both groups, enhancing reader comprehension.

The analytical methods are appropriately chosen and well-executed. A suggestion for minor revision is to provide a more detailed justification for the choice of Bonferroni's post-hoc test, particularly in relation to the study's specific data characteristics.

To strengthen the discussion, the authors could consider exploring the implications of their findings for mental health professionals working with athletes, suggesting practical applications of the therapy.

Minor typographical and grammatical errors should be corrected to maintain the manuscript's professionalism.

Authors revised the manuscript and uploaded the updated document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.