



The comparison of Metacognitive group Intervention and group Acceptance Based Behavioral Therapy on Competitive Aggression of Anxious Professional Soccer Athletes in Tehran

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E d i t o r

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R e v i e w e r s

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1. Round 1

1.1 Reviewer 1

Date: 02 March 2023

Reviewer: This manuscript offers an intriguing look into the psychological treatment of aggression in athletes. With several revisions to enhance the depth of theoretical context, clarity of methodology, and robustness of the discussion, this study can offer meaningful insights into sports psychology and therapeutic interventions. The potential for practical application in athletic training and mental health is promising, contingent on further research and verification of results.

Recommendations for Revision:

- **Enhance Literature Review:** Incorporate more recent studies on aggression management in sports and how they relate to the current study's findings.

- **Clarify Interventions:** More detailed descriptions of MCT and MAC interventions, including session content, duration, and therapist qualifications.
- **Participant Feedback:** Include qualitative feedback or testimonials from participants regarding the perceived effectiveness and personal impact of the therapies.
- **Address Limitations:** A more critical discussion on the limitations of the study, including sample size, the specificity of the athletic population, and any potential biases in results interpretation.
- **Expand on Theoretical Background:** Further discussion on the theoretical basis behind MCT and MAC, especially how they are supposed to affect aggression in athletes.
- **Detailed Results:** Provide a more detailed breakdown of changes in aggression styles among participants, with specific attention to individual variability.
- **Long-term Effects:** Discussion on the long-term sustainability of the treatment effects, including any follow-up data or recommendations for continuous intervention.

Authors revised the manuscript and submitted the document.

1.2 Reviewer 2

Date: 03 March 2023

Reviewer: The manuscript is a valuable contribution to understanding the psychological interventions in reducing aggression among professional athletes. With substantial revisions, especially in methodology detail, result clarity, and theoretical expansion, the paper could significantly contribute to sports psychology literature.

Clarity and Structure: The paper's structure requires enhancement for better clarity. The methodology, results, and discussion sections need a clearer definition and separation.

Methodology: The semi-experimental design is appropriate, but details on participant selection criteria, intervention delivery, and blinding methods should be more comprehensive.

Statistical Analysis: While the use of repeated measures ANOVA is suitable, a deeper explanation of the statistical significance and effect sizes would provide more insight into the practical implications of the findings.

Research Context: The significance of the research in the context of sports psychology and mental training is well noted. Yet, the introduction could be expanded to discuss the prevalence and implications of aggression in professional sports more broadly.

Sample Representation: The selection of the athletes from Tehran leagues is specific but may not represent broader populations. Discuss the generalizability of the findings to other regions or levels of play.

Control Group Dynamics: The role and management of the control group need more elaboration, particularly how the lack of treatment might affect their aggression levels compared to the intervention groups.

Authors revised the manuscript and submitted the document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.