

The Impact of Life Skills Training on Distress Tolerance, Psychological Adaptation, and High-Risk Behaviors in Incarcerated Women

Roya. Divanbeigi¹, Alireza. Manzari Tavakoli^{2*}, Hamdolah. Manzari Tavakoli³

¹ PhD student, Department of Educational Sciences and Psychology, Kerman Branch, Islamic Azad University, Kerman, Iran

² Professor, Department of Educational Sciences and Psychology, Kerman Branch, Islamic Azad University, Kerman, Iran

³ Assistant Professor, Department of Educational Sciences and Psychology, Kerman Branch, Islamic Azad University, Kerman, Iran

* Corresponding author email address: a.manzari@iauk.ac.ir

Editor

Monika Szczygiel¹
Department of Psychology,
Jagiellonian University, Krakow,
Poland
monika.szczygiel@uj.edu.pl

Reviewers

Reviewer 1: Mohammad Hassan Ghanifar¹
Assistant Professor, Department of Psychology, Birjand Branch, Islamic Azad
University, Birjand, Iran. Email: ghanifar@iaubir.ac.ir
Reviewer 2: Sadegh Maleki Avarsin¹
Associate Professor, Department of Educational Sciences, Tabriz Branch, Islamic
Azad University, Tabriz, Iran. Email: s.maleki@iaut.ac.ir

1. Round 1

1.1. Reviewer 1

Reviewer:

The abstract could benefit from a clearer definition of the key terms used, such as "distress tolerance" and "psychological adaptation". A brief mention of the life skills trained can also help contextualize the intervention better for readers.

The introduction currently discusses life skills in a broad context. It would be beneficial to link these more explicitly to the specific challenges faced by incarcerated women, thereby strengthening the rationale for this study.

The description of the control group activities (or lack thereof) during the experiment should be more detailed. This helps in understanding the potential for non-specific effects that could influence the outcomes.

The results section could be improved by adding subheadings for each measured outcome (e.g., Distress Tolerance, Psychological Adaptation, High-Risk Behaviors), making it easier for readers to navigate through the findings.

Tighten the discussion by focusing more closely on how the findings relate to previous research, particularly studies involving non-incarcerated populations. This could provide insights into the unique impact of life skills training in a prison setting.

Some references seem dated, and recent studies could provide more current context or evidence supporting the interventions used. Please ensure that all references are up-to-date and relevant.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

To assess the sustainability of the life skills training effects, consider including a follow-up measure to see if improvements in distress tolerance, psychological adaptation, and high-risk behaviors are maintained over time.

The discussion could be deepened by integrating more theoretical frameworks that explain why life skills training might affect psychological adaptation and distress tolerance. This could include theories on resilience, behavioral change, or stress and coping in incarcerated populations.

Response: Revised and uploaded the manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.