




Examining the Effectiveness of Reflective Parenting Training on Emotion Regulation and Parent-Child Relationship in Mothers with Children Under 6 Years

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1. Round 1

1.1. Reviewer 1

Reviewer:

The statement “Despite the positive effects of a good relationship, the negative impacts of insufficient and undesirable communication cannot be ignored” should be followed by more nuanced examples or recent evidence specific to early childhood to ground the discussion in contemporary data.

The justification for the current study refers to the lack of research in “Iranian children and parents.” It would be helpful to cite existing gaps from regional databases or previous national studies to substantiate this claim.

The authors mention “The minimum score is 24...” but do not indicate whether these scores were transformed, standardized, or how missing data were handled. A clarification would improve psychometric transparency.

In “Session 4,” the authors state: “Use personal emotional experiences to understand the child's emotional experiences.” This could raise ethical concerns about emotional boundaries. A note on safeguarding the emotional well-being of the mothers would be helpful.

The recommendation to “release anger without harming the other party” could benefit from specific therapeutic strategies or techniques used to teach this, e.g., role-play or cognitive reframing.

The manuscript states, “The collected data will be analyzed...” despite having already presented results. Please revise this section to past tense and ensure alignment with actual analyses performed.

The statement “The findings showed that this training had a significant positive impact on all mentioned variables” should acknowledge effect sizes and confidence intervals to avoid overgeneralizing statistical significance.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

In “Emotion is the primary organizing element of behavior in attachment,” this theoretical claim would be strengthened by citing foundational attachment theory sources, such as Bowlby or Ainsworth, to enhance the theoretical rigor.

The repetition of citations (e.g., Keleynikov et al., 2023) in two consecutive paragraphs may be redundant unless the second instance contributes a distinct argument. Consider consolidating.

In the sentence “In the reflective parenting group, 5 participants (33%) had a good economic status...”, it would improve interpretability to include how economic status was defined or assessed (e.g., income brackets, self-report scale, etc.).

The claim that “this effect remains stable in the follow-up stage” is strong; however, a two-month follow-up may not be sufficient to declare “stability.” Consider rephrasing to “remains present at short-term follow-up.”

Response: Revised and uploaded the manuscript.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.