




The Effectiveness of Attachment-Based, Brain-Based, and Mindful Parenting Training on Parental Stress in Children with Symptoms of Social Anxiety

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1. Round 1

1.1. Reviewer 1

Reviewer:

The sentence "The highest prevalence of social anxiety disorder is in the age range of 8 to 13 years" should be supported by a specific reference to the original study or data source to substantiate this claim.

The session outline "explaining attachment theory and treatment goals" would be more informative with specific examples or activities used to explain these concepts to the participants.

The focus on "left and right brain integration" could benefit from a clearer explanation of the specific techniques used to achieve this integration, along with references to the supporting neuroscience literature.

The session includes "a mindful breathing exercise and mindful eating of a raisin." Including more detail on how these exercises were conducted and their intended impact would provide better context for their inclusion.

The explanation "repeated measures analysis of variance was used to compare the means in the experimental group with the control group via SPSS-26" would benefit from a more detailed description of the specific statistical tests used and their justification.

The presentation of "Means and Standard Deviations of Parental Stress in Research Groups at Three Time Points" would be clearer if the table included a brief note explaining what the numbers represent and how they were derived.

The description of the results "within-group effect of time ($F = 68.02$ $df = 1.29$ $p < .001$)" should include an interpretation of what these statistical values mean in the context of the study's hypotheses.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

"Parental stress is a natural part of the parenting experience and occurs when parental demands exceed the anticipated and actual resources hindering successful parental role performance" should include a citation from a relevant study or theoretical framework that defines and explains parental stress.

The phrase "various studies have generally shown that stress disrupts an individual's functioning in social psychological physical and familial domains" would be stronger with specific studies cited that demonstrate these effects across different domains.

The description of the sample selection process, "three schools were chosen by referring to the education department of Felard city," needs more detail on how these schools were selected and any potential biases introduced by this selection method.

The statement "to select a sample from these mothers three schools were chosen by referring to the education department of Felard city and 60 mothers were selected as available samples" lacks clarity on the criteria used for selecting these 60 mothers. Providing this information would enhance the transparency of the sampling process.

The phrase "the interaction of time and group ($F = 17.33$ $df = 3.88$ $p < .001$) indicate a significant difference in parental stress over time and the interaction of time with the group" could be followed by a more detailed discussion on the practical significance of these findings.

The statement "the results of repeated measures ANOVA showed that only the brain-based method was effective in reducing parental stress" needs a discussion on why this might be the case, possibly drawing on theoretical or empirical literature.

The sentence "in line with or contrary to previous research findings" should specify which previous research findings are being referenced to provide context for the reader.

The assertion "it appears that among the methods mentioned the brain-based method has mechanisms that reduce parental stress" would be more convincing with specific mechanisms described and supported by relevant literature.

The phrase "in explaining this effectiveness" could be strengthened by linking to specific cognitive or neurobiological theories that support the observed outcomes.

Response: Revised and uploaded the manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.