




## A Qualitative Study of the Psychological Empowerment of Women with a Healthy Adult Mindset


Hamidreza. Mahmoodinejad<sup>1</sup>, Mohammad Masood. Dayarian<sup>2\*</sup>, Ismail. Mousavi<sup>2</sup>

<sup>1</sup> PhD Student, Department of Counseling, Khomeinishahr Branch, Islamic Azad University, Khomeinishahr, Isfahan, Iran



<sup>2</sup> Assistant Professor, Department of Counseling, Khomeinishahr Branch, Islamic Azad University, Khomeinishahr, Isfahan, Iran

\* **Corresponding author email address:** masood.dayarian@gmail.com

### Editor

Monika Szczygiel<sup>1</sup>  
Department of Psychology,  
Jagiellonian University, Krakow,  
Poland  
monika.szczygiel@uj.edu.pl

### Reviewers

**Reviewer 1:** Sara Nejatifar   
Department of Psychology and Education of People with Special Needs, Faculty of  
Educational Sciences and Psychology, University of Isfahan, Isfahan, Iran.  
Email: s.nejatifar@edu.ui.ac.ir  
**Reviewer 2:** Kamdin. Parsakia   
Department of Psychology and Counseling, KMAN Research Institute, Richmond  
Hill, Ontario, Canada. Email: kamdinarsakia@kmanresce.ca

## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

"The Healthy Adult mindset is one of the principal mindsets in schema therapy reflecting maturity mental health and good judgment." - This sentence would benefit from a citation to support the claim. Please add relevant references.

"This state in an individual akin to a sufficiently good and kind parent has three main tasks: creating security supporting and accepting the vulnerable child within..." - Consider breaking this sentence into shorter, clearer sentences for better readability and comprehension.

"In this study Colaizzi's method was used for data analysis which involves the following steps:" - Include a brief justification for choosing Colaizzi's method over other qualitative analysis methods.

"Participant 7: 'When faced with a problem something brings me back to it so I don't get confused and immersed in that challenge.'" - Clarify the mechanisms of mindfulness that help participants stay grounded during challenges.

"Participant 12: 'I pay attention to my counterpart. I check in periodically.'" - Discuss the importance of these behaviors in developing social relationships and their impact on psychological empowerment.

"Participant 10: 'If I've insulted someone and feel guilty I go up to them and say 'Hey I made a mistake.'" - Highlight the role of assertiveness in personal growth and maintaining healthy relationships.

"Participant 8: 'You know in some situations a trigger makes a person anxious and sad... I see this as natural and it cannot be stopped.'" - Analyze how self-awareness contributes to managing emotions and improving mental health.

Response: Revised and uploaded the manuscript.

### 1.2. Reviewer 2

Reviewer:

"According to Rüdiger et al. (2018), achieving balance in life occurs with the development of a Healthy Adult." - The study by Rüdiger et al. should be briefly summarized to explain how it supports this statement.

"The study population consisted of all women aged 20-40 living in Isfahan Province during 2022-2023." - Provide more detail on how the sample size was determined and the rationale behind the selection criteria.

"Questions were designed based on the phenomenology of psychological empowerment in women with a Healthy Adult mindset using available sources." - Specify which sources were used and provide a brief overview of the key theoretical frameworks or models informing the interview questions.

"Participant 4: 'I compare myself less and feel more adequate.'" - Provide context for this quote to explain how it illustrates self-compassion as a sub-theme of coping.

"Participant 15: 'I practice my breathing a lot and repeat something repeatedly.'" - Explain how this behavior contributes to self-regulation and why it is significant.

"Participant 1: 'Problems have arisen and the most important thing that helped me was talking.'" - Elaborate on the types of problems discussed and how talking facilitated problem-solving.

"Participant 9: 'I kiss a simple drawing they make and stick it on myself and the refrigerator.'" - Provide more detail on how such behaviors support the concept of good-enough parenting and child development.

"The first main theme is 'Coping.' Its sub-themes include self-compassion self-regulation problem-solving ability mindfulness and developed social relationships." - Discuss how these sub-themes interrelate and contribute to the overall theme of coping.

"Healthy Adult women do not leave themselves at the mercy of events and are mentally aware of their internal occurrences preventing external emotions from influencing their actions." - Strengthen this statement with specific examples or quotes from participants to illustrate how they manage this.

"Problem-solving is another psychological empowerment of women." - Consider rephrasing for clarity. Suggested revision: "Problem-solving skills are a key aspect of psychological empowerment among women."

Response: Revised and uploaded the manuscript.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.