

Parental Conflict and Adolescent Sleep Problems: The Mediating Role of Anxiety


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1. Round 1

1.1. Reviewer 1

Reviewer:

The statement “These disruptions are often mediated by increased emotional arousal...” could be improved by referencing specific physiological or neurocognitive mechanisms, such as hypothalamic-pituitary-adrenal (HPA) axis dysregulation, which is commonly implicated in sleep disturbance due to emotional stress.

The authors state “Given these gaps, the present study aims to investigate...” but should make clearer how this study fills a novel empirical gap—particularly whether prior SEM models have addressed these variables in this specific population or cultural context.

The CPIC scale uses a 3-point Likert scale. Authors should clarify how this limited response range might affect sensitivity or variance, especially in SEM analysis.

In the sentence “SEM allowed for the evaluation of both direct and indirect effects...”, it would be valuable to specify whether bootstrapping was used for testing indirect effects and confidence intervals.

The demographic description is comprehensive. However, authors should report whether any group differences (e.g., gender or income level) were tested or controlled for in the SEM model.

The sentence “Anxiety was also significantly correlated with sleep problems...” could be strengthened by discussing whether this is the strongest bivariate correlation and what that suggests about potential mediation strength.

The authors write “While our study did not analyze gender differences explicitly...”—given known gender effects, this is a missed opportunity. Authors should consider including gender as a moderator in future analyses or at least report correlations by gender.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

While discussing anxiety, the sentence “Anxiety has been closely linked with both poor sleep quality and disturbances in sleep architecture...” is strong but could be enhanced by briefly mentioning specific sleep parameters impacted (e.g., REM latency, sleep onset latency).

The sentence “Parental emotional withdrawal and a lack of resolution to conflict may intensify adolescents’ uncertainty...” could benefit from including citations that distinguish between maternal and paternal roles, especially since this theme is picked up later in the discussion.

In the sentence “Sleep plays a pivotal role in regulating cognitive functioning, mood stability, and behavioral control,” consider adding a brief reference to adolescent-specific developmental risks, such as increased vulnerability to affective disorders, to contextualize these outcomes.

Although fit indices are excellent, it is unclear whether alternative models (e.g., anxiety as a moderator rather than mediator) were tested. Consider discussing the rationale for model specification and whether competing models were explored.

The authors state “The indirect effect...was statistically significant” but should also report the standardized beta for this path to facilitate comparison with direct effects.

The sentence “These mechanisms echo the emotional security theory...” would benefit from a brief elaboration or citation of core tenets of this theory to contextualize the findings within a recognized theoretical framework.

Response: Revised and uploaded the manuscript.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.