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The Effectiveness of Family-Centered Mindfulness-Based Therapy on Intergenerational Conflicts and Family Structure in Families with Adolescents

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Monika Szczygieł Department of Psychology, Jagiellonian University, Krakow, Poland monika.szczygiel@uj.edu.pl	**Reviewer 1:** Abolghasem Khoshkanesh Assistant Professor, Counseling Department, Shahid Beheshti University, Tehran, Iran. Email: akhoshkonesh@sbu.ac.ir **Reviewer 2:** Thseen Nazir Professor of Psychology and Counseling Department, Ibn Haldun University, Istanbul, Turkey. Email: thseen.nazir@ihu.edu.tr

1. Round 1

1.1. Reviewer 1

Reviewer:

The sentence “The statistical population consisted of families with adolescents aged 13–17 years residing in Tehran, Iran, during 2025–2026” should be clarified with respect to the actual sampling frame. The manuscript subsequently indicates that families were recruited from “counseling and psychological service centers in Tehran,” which means the accessible population was not all families with adolescents in Tehran but families attending specific clinical or counseling settings. Please identify the number and type of centers from which participants were recruited, their geographic distribution within Tehran, the recruitment period in exact months, and whether these centers were governmental, private, school-affiliated, or university-affiliated. This distinction is important because help-seeking families may have systematically greater conflict severity and motivation for intervention than community-based families.

The unit of analysis is insufficiently specified in the Methods sentence “One adolescent and one parent from each family participated in the assessment and intervention process; therefore, the study involved 30 parent–adolescent dyads comprising

60 individuals." It remains unclear whether the dependent-variable scores analyzed in Tables 1–3 were based on adolescent reports, parent reports, averaged dyadic scores, or a family-level composite. This is a critical issue because parent and adolescent perceptions of intergenerational conflict and family structure are not statistically interchangeable. Please state explicitly who completed each outcome measure, how discrepant parent and adolescent scores were handled, whether scores were aggregated, and, if dyadic data were collected from both respondents, justify why a dyadic or multilevel analytic framework was not used.

The inclusion criterion stating that families were required to be "experiencing a clinically meaningful level of parent–adolescent conflict based on the initial screening assessment" is currently operationally undefined. Please identify the screening instrument, the cutoff score used to define clinically meaningful conflict, the empirical or normative basis for that cutoff, and whether screening was conducted independently for parents and adolescents. If no validated clinical cutoff exists for the instrument used, the wording "clinically meaningful" should be reconsidered and replaced with a more defensible operational description. Without this information, the reproducibility of participant selection and the clinical significance of the sample cannot be evaluated.

The sentence "Participants were assigned structured home exercises throughout the intervention" introduces an important mechanism of treatment but no adherence data are reported. Please indicate how home practice was monitored, whether participants used diaries or digital logs, the expected frequency and duration of practice, and the proportion of assigned practices completed. If adherence differed substantially across families, this should be reported and, if feasible, explored in relation to outcomes. Because mindfulness interventions often depend strongly on between-session practice, omission of adherence data limits interpretation of both treatment implementation and mechanism of change.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

The paragraph describing the Conflict Behavior Questionnaire states that "The CBQ is a self-report instrument designed specifically to evaluate conflictual interactions and negative communication patterns between parents and adolescents," but essential psychometric and scoring details are absent. Please specify the exact version used, number of items, available parent and adolescent forms, possible total-score range, direction of scoring, interpretation of higher scores, original reliability estimates, evidence of validity, and the psychometric properties of the Persian version used in this study. The sentence "internal consistency was reassessed for the present sample using Cronbach's alpha" should be supplemented with the actual alpha coefficient obtained in the current sample rather than merely describing the planned procedure.

The description of FACES IV similarly requires greater measurement precision. The paragraph states that "the overall family functioning score and the principal cohesion and flexibility indices were considered indicators of family structure," but FACES IV contains balanced and unbalanced scales as well as ratio scores, and these constructs should not be combined without a clearly defined scoring algorithm. Please identify exactly which FACES IV score constituted the "Family Structure" variable presented in Table 1. If a composite was constructed, provide the formula and psychometric justification. If the Circumplex Ratio, Cohesion Ratio, or Flexibility Ratio was used, state this explicitly. If the authors created a nonstandard aggregate score, evidence supporting its validity must be presented.

The terminology "family structure" requires conceptual reconsideration throughout the manuscript. In both the title and Results, the study claims improvement in "family structure," whereas the selected instrument, FACES IV, primarily measures family cohesion and flexibility and associated balanced/unbalanced functioning rather than structural organization in the strict structural-family-therapy sense of hierarchy, subsystems, coalitions, and boundaries. Please either justify theoretically why FACES IV is being treated as a measure of "family structure" or revise the construct label to "family functioning," "family cohesion and flexibility," or another term more directly aligned with the instrument. This issue affects construct validity and should be resolved consistently in the title, abstract, introduction, methods, findings, discussion, and conclusion.

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The intervention paragraph is informative but does not yet provide sufficient information for treatment reproducibility. The statement "The experimental group participated in a family-centered mindfulness-based therapy program conducted over eight weekly sessions, each lasting approximately 90 minutes" should be followed by the intervention's theoretical provenance. Please identify whether the protocol was adapted from an established mindfulness-based intervention such as MBSR, MBCT, mindful parenting, MYmind, or another manualized family intervention. If the authors developed the protocol, describe the development process, expert review, cultural adaptation, pilot testing, and treatment manual. The current session summary is useful but insufficient to determine whether another clinician could reliably reproduce the intervention.

The manuscript should report therapist qualifications and treatment-fidelity procedures. No information is currently given regarding who delivered the eight-session intervention. Please specify the therapist's professional discipline, academic degree, clinical experience, formal mindfulness training, family-therapy experience, and whether the same therapist conducted all sessions. In addition, report whether sessions were audio- or video-recorded, whether an intervention checklist was used, whether an independent supervisor rated protocol adherence, and whether therapist drift was monitored. Without treatment-fidelity information, it is difficult to attribute the observed effects specifically to the intended family-centered mindfulness protocol.

Response: Revised and uploaded the manuscript.

2. Revised

Editor's decision after revisions: Accepted.
Editor in Chief's decision: Accepted.

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