




Effectiveness of Positive Psychology on Self-Control and Resilience in Nursing Assistants

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1. Round 1

1.1. Reviewer 1

Reviewer:

The research question is clearly articulated; however, exploring the mechanisms through which positive psychology training influences self-control and resilience could add depth. Future studies might examine the specific aspects of positive psychology that are most effective.

The paper presents a logical argument supporting the efficacy of positive psychology interventions. To strengthen the argument, the paper could benefit from a more detailed discussion on how these interventions specifically cater to the unique stressors faced by nursing assistants.

While the literature review establishes the foundation for the study, incorporating recent meta-analyses or systematic reviews on positive psychology interventions in similar healthcare settings could provide a more comprehensive background.

The paper concludes with practical recommendations for implementing positive psychology training. Expanding this section to discuss potential barriers to implementation and strategies for overcoming these challenges would be beneficial for practitioners.

Authors revised and uploaded the document.

1.2. Reviewer 2

Reviewer:

The methodology is well-executed but could be improved by detailing the selection process for the positive psychology interventions included in the training. Clarifying this could help in replicating the study in different contexts.

The discussion on limitations is brief. A more thorough exploration of limitations, including the study's generalizability to other populations and settings, would strengthen the paper.

Authors revised and uploaded the document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.