




# Comparing the Effectiveness of Mindfulness and Positive Psychology Training on Reappraisal and Suppression in Students with Generalized Anxiety Disorder Symptoms


Zahra. Nasiri Karbasdehi<sup>1</sup>, Mohammadkazem. Fakhri<sup>2\*</sup>, Hosseinali. Ghanadzadegan<sup>2</sup>

<sup>1</sup> PhD student, Department of Psychology, Sari Branch, Islamic Azad University, Sari, Iran



<sup>2</sup> Assistant Professor, Department of Psychology, Sari Branch, Islamic Azad University, Sari, Iran

\* Corresponding author email address: Mk.fakhri@lausari.ac.ir

## Editor

Mohammad Naghy Farahani<sup>1</sup>  
Professor, Department of  
Psychology, Faculty of Psychology  
and Educational Sciences, Kharazmi  
University, Tehran, Iran  
fara@khu.ac.ir

## Reviewers

**Reviewer 1:** Esmaeil Asadpour<sup>1</sup>  
Department of Counseling, Faculty of Psychology and Educational Sciences,  
Kharazmi University, Tehran, Iran. Email: dr.iasadpour@khu.ac.ir  
**Reviewer 2:** Masood Taghadossi<sup>1</sup>  
, Department of Psychology, Faculty of Psychology and Educational Sciences,  
Kharazmi University, Tehran, Iran. Email: std\_masood.taghadossi@khu.ac.ir

## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

Introduction, Paragraph 1: The statement "Among the most common psychological and emotional issues during adolescence is anxiety which often affects an individual's emotional reactions" would benefit from additional recent references to support the prevalence and impact of anxiety among adolescents. Consider including data or studies from the past five years to strengthen this claim.

Methods and Materials, Paragraph 2: The sentence "Then all these students completed the Spitzer et al. Generalized Anxiety Disorder questionnaire" should include more information about the administration process, such as the setting, duration, and any instructions given to participants to minimize biases.

Interventions, Mindfulness Training: When describing the mindfulness training sessions, provide more specifics about the exercises or practices used in each session. This can help other researchers replicate the study accurately.

Interventions, Positivity Training: The description of the positivity training sessions should include more detail about the specific activities or discussions that took place during each session. Include examples of exercises to provide a clearer picture of the intervention.

Authors revised and uploaded the document.

### 1.2. Reviewer 2

Reviewer:

Introduction, Paragraph 3: The claim "Research has shown that individuals with generalized anxiety disorder have higher average scores for negative emotion regulation strategies and lower scores for positive emotion regulation strategies than normal individuals" should specify the sample size and demographics of the referenced studies to enhance clarity and relevance.

Methods and Materials, Paragraph 1: The sampling method described as "multi-stage cluster sampling method and purposeful sampling" should be explained in more detail. Clarify each stage of the cluster sampling and the criteria used for purposive sampling to ensure reproducibility.

Data Analysis, Paragraph 1: The statement "In descriptive statistics mean and standard deviation were used" would benefit from specifying which statistical software was used for the analysis. Mentioning the version of the software can help in replicating the study.

Results, Table 1: The presentation of the mean and standard deviation should include confidence intervals for the mean scores to provide a clearer understanding of the variability within each group.

Authors revised and uploaded the document.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.