



Enhancing Emotion Regulation and Psychological Flexibility, and Body Image Concern in Girls with Body Image Dissatisfaction Through Schema Modes Therapy

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1. Round 1

1.1. Reviewer 1

Reviewer:

"Participants were randomly assigned to either an intervention group...or a control group receiving no treatment." Clarify whether any measures were taken to ensure blinding of participants and researchers to reduce potential bias.

"The Emotion Regulation Questionnaire (ERQ)... is a prominent tool used for assessing individual differences in the regulation of emotions." Specify the validity and reliability statistics of the ERQ in the context of your study population.

"The first session is dedicated to establishing rapport..." Provide more details on the assessment tools used during this session and how the rapport was quantitatively measured, if applicable.

The descriptive statistics for Cognitive Reappraisal, Expressive Suppression, Psychological Flexibility, and Body Image Concern are presented. Include the effect sizes for these changes to highlight the practical significance of the results.

"The assumption of normality was verified through Shapiro-Wilk tests..." Consider adding a brief explanation or reference for readers unfamiliar with the importance of these statistical tests and assumptions.

"Table 2 details the results of the analysis of variance with repeated measurements..." It would be helpful to include confidence intervals for the F-values to provide a clearer picture of the data's precision.

"These findings suggest that Schema Modes Therapy with its comprehensive focus on addressing maladaptive schema modes can be an effective intervention..." Discuss any potential mechanisms by which Schema Modes Therapy might influence emotion regulation and body image concerns, supported by relevant literature.

"The enhancement of psychological flexibility observed in participants..." Provide more detail on how psychological flexibility was operationalized and measured in this study.

"Moreover, the observed reduction in body image concern aligns with previous research..." Consider adding more recent studies or reviews that further support or contrast with your findings.

Authors revised and uploaded the document.

1.2. Reviewer 2

Reviewer:

"Body image concerns and dissatisfaction represent significant psychological challenges especially among adolescent girls." This statement would benefit from statistical support or references to current data to underscore the prevalence and severity of body image concerns in this demographic.

The mention of "therapeutic models such as Schema Therapy (ST) have been identified as promising approaches" should include a brief overview of these models for readers unfamiliar with ST. Consider adding a sentence summarizing the key components of ST.

"Participants explore various techniques such as mindfulness, deep breathing, and progressive muscle relaxation." It would be beneficial to include citations or evidence supporting the effectiveness of these techniques in improving emotion regulation and body image.

"The study population comprised 30 female participants aged between 18 and 25 years..." Provide a justification for the chosen age range and discuss any limitations this might impose on the generalizability of the findings.

"The findings of this study offer several implications for clinical practice." Reinforce the importance of training and supervision in Schema Modes Therapy for effective implementation, as mentioned briefly later in the section.

Authors revised and uploaded the document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.