

# Effectiveness of Emotional Regulation Training on Parenting Style Related to Parental Obesity and Weight Management in Adolescents with Bulimia Nervosa

Rozita. Sadeghzadeh<sup>1</sup>, Zohreh. Sheibeh<sup>2</sup>, Farya. Solat<sup>2</sup>, Mohamad Reza. Naeiji<sup>3</sup>, Fatemeh. Mirzai<sup>4</sup>, Mahta. Damavandi<sup>4\*</sup>

<sup>1</sup> M.A., Department of Psychology, Roudehen Branch, Islamic Azad University, Roudehen, Iran

<sup>2</sup> M.A., Department of Psychology, Malard Branch, Islamic Azad University, Malard, Iran


<sup>3</sup> M.A., Department of Psychology, Bu- Ali Sina University, Hamedan, Iran

<sup>4</sup> MA. in General Psychology, Department of Psychology, Bu- Ali Sina University, Hamedan, Iran


<sup>5</sup> M.A., Department of Psychology, South Tehran Branch, Islamic Azad University, Tehran, Iran

\* Corresponding author email address: mahtadamavandi@gmail.com

## Editor

Seyed Hadi Seyed Alitabar   
Department of Psychology and  
Counseling, KMAN Research  
Institute, Richmond Hill, Ontario,  
Canada  
hadialitabar@kmanresce.ca

## Reviewers

**Reviewer 1:** Samina Bano   
Professor, Department of Psychology, Jamia MilliaIslamia, New Delhi, India.  
Email: sbano@jmi.ac.in  
**Reviewer 2:** Saeed A. AL-Dossary   
Department of Psychology, Ha'il University, Hail, Saudi Arabia.  
Email: saeedaldossary@yahoo.co.uk

## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The study successfully identifies a niche area within the broader realm of eating disorder interventions. Future studies could explore the differential impact of various emotional regulation strategies on specific aspects of parenting styles and adolescent weight management to further refine intervention approaches.

The paper presents a coherent argument linking emotional regulation with improvements in parenting styles and weight management. To strengthen this argument, the authors could incorporate a discussion on the theoretical underpinnings of emotional regulation and its specific relevance to the behaviors and challenges associated with Bulimia Nervosa.

The literature review effectively sets the stage for the study, yet it would benefit from including a more diverse range of sources, particularly meta-analyses or systematic reviews that synthesize findings on emotional regulation interventions in eating disorders.

Authors revised and uploaded the document.

### 1.2. Reviewer 2

Reviewer:

The research questions are clearly articulated, providing a focused inquiry into the effects of emotional regulation training on specific outcomes related to Bulimia Nervosa. However, the paper could benefit from a more detailed explanation of how these outcomes were hypothesized to be impacted by emotional regulation training, particularly in the context of the theoretical background of emotional regulation in eating disorders.

While the study references relevant literature on Bulimia Nervosa, parental obesity, and emotion regulation, the review could be expanded to include more recent studies that explore the direct relationship between emotional regulation training and changes in parenting styles or weight management. This would strengthen the argument for the study's necessity and its potential contribution to existing research.

The methodological design is sound, with appropriate measures for data collection and analysis. However, the paper could improve by providing more information on the selection criteria for participants and the specifics of the random allocation process. Detailing these procedures would enhance the replicability of the study and the validity of its findings.

The conclusions drawn from the study are appropriate and well-supported by the data. The recommendations for future research, including the application of the treatment to similar populations in different regions, are valuable. An additional suggestion would be to explore the long-term effects of emotional regulation training on these outcomes beyond the follow-up period to assess the sustainability of improvements.

Authors revised and uploaded the document.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.