






# Effectiveness of Paradoxical Treatment Model on Emotional Regulation and Perception of Rejection in Retirees

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Editor	Reviewers
Faramarz Sohrabi <sup>1</sup>  Professor, Department of Psychology, Allameh Tabataba'i University, Tehran, Iran <a href="mailto:sohrabi@atu.ac.ir">sohrabi@atu.ac.ir</a>	<b>Reviewer 1:</b> Mehrdad Sabet <sup>1</sup>  Assistant Professor, Department of Psychology, Islamic Azad University, Roudehen Branch, Roudehen, Iran. Email: <a href="mailto:mehrdadsabet@iua.ac.ir">mehrdadsabet@iua.ac.ir</a> <b>Reviewer 2:</b> Fatemeh Mohammadi shirmahaleh <sup>1</sup>  Assistant Professor, Department of Psychology, Karaj Branch, Islamic Azad University, Karaj, Iran. Email: <a href="mailto:fatemeh.mohammadi@kia.ac.ir">fatemeh.mohammadi@kia.ac.ir</a>

## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The sampling methodology (convenience sampling) might introduce biases that could affect the generalizability of the findings. A more rigorous sampling technique or a detailed justification for the chosen method, explaining how it addresses potential biases, would enhance the credibility of the research methodology.

It is mentioned that the control group was placed on a waiting list. To strengthen the study's internal validity, it would be beneficial to describe any activities or interactions (if any) the control group participated in during the study period to account for potential confounding variables.

While the use of MANCOVA is appropriate, the paper would benefit from a more detailed explanation of the assumptions checked for this test, how they were verified, and the implications of these tests on the data analysis.

While ethical considerations are noted, detailing any adverse effects or challenges faced by participants during the intervention could provide a more comprehensive view of the ethical implications and participant welfare throughout the study.

Authors revised and uploaded the document.

## 1.2. Reviewer 2

Reviewer:

The paper mentions a quasi-experimental design but does not fully address the potential limitations associated with this design, such as lack of randomization and how it might impact the findings. A discussion on this could provide a clearer understanding of the extent to which the results can be attributed to the paradoxical treatment model versus other external factors.

While the instruments used for measuring emotional regulation and rejection perception are described, it would enhance the manuscript to include more about the rationale for choosing these specific measures and their relevance to the retirees' context.

More detailed descriptions of what each session of the paradoxical treatment entailed could be beneficial. This would help in replicating the study and understanding which components of the intervention are most effective.

The discussion could be enriched by comparing the findings with other studies that have employed paradoxical treatment models in different populations. This would help in positioning the study within the broader field of psychotherapy research.

More detailed demographic information about the participants (e.g., age distribution, socio-economic status, health status) could help in understanding the external validity and applicability of the results to other retiree populations.

Authors revised and uploaded the document.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.