

# Effectiveness of State-Based Relaxation Therapy on Externalizing/Internalizing Problems in Students with Intermittent Explosive Disorder

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

In the introduction, it is mentioned that "Individuals with IED experience increasing tension before violent outbursts and a sense of relief after the explosion of anger and aggression". This sentence could be made clearer by specifying the physiological or psychological mechanisms involved in this tension and relief.

The Methods section mentions using repeated measures analysis of variance (ANOVA). It would be beneficial to include assumptions checked for ANOVA and how any violations were addressed.

The paper states the internal consistency reliability of the questionnaires used. Including the methods used to validate the questionnaires in the context of this study population would strengthen the methodology.

In the Results section, it is stated that "The mean scores of externalizing and internalizing problems in the experimental group decreased". This could be enhanced by providing confidence intervals and effect sizes for these changes.

The discussion states that "This finding aligns somewhat with the prior results". Discuss in more detail how your findings compare with specific previous studies and what new insights your study adds.

Authors revised and uploaded the document.

### 1.2. Reviewer 2

Reviewer:

The literature review on page 2 states, "One of the issues that adolescents with IED might experience is behavioral problems". This section could benefit from a more detailed discussion on the specific behavioral problems commonly associated with IED, supported by additional recent studies.

In the Methods section, it is mentioned that "The sample size consisted of 30 individuals selected from the statistical population using convenience sampling". It would be helpful to explain why convenience sampling was chosen and discuss its potential limitations.

The inclusion criteria are mentioned briefly. Consider providing more details about how these criteria were operationalized and measured.

The control group is described as being on a waiting list. Elaborate on what the control group did during the study period and how their conditions were controlled to ensure comparability with the experimental group.

In the intervention description, the phrase "Each session builds on the previous one progressively introducing techniques such as mindful breathing" is used. Provide more specific details or examples of exercises or activities conducted during each session.

The discussion on the mechanisms by which state-based relaxation therapy affects behaviors is insightful. Expanding on the theoretical underpinnings and providing a model or framework could deepen the readers' understanding.

The limitations section mentions convenience sampling. Discuss other potential limitations, such as sample size, duration of follow-up, or any biases in self-report measures.

Authors revised and uploaded the document.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.