




# The Effectiveness of Brain-Based, Mindful, and Attachment-Based Parenting Training on Parental Orientation of Students with Social Anxiety Symptoms

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

"The main characteristic of social anxiety disorder is an intense and persistent fear of social or performance situations that cause embarrassment in the presence of these situations (American Psychiatric Association 2022)." Consider updating the citation to DSM-5-TR (2022) for the most accurate reference, as DSM editions are periodically updated.

"Eighty mothers were selected conveniently and then assigned to four research groups (mindful parenting training group, attachment-based parenting group, brain-based parenting group, and control group)." Provide a detailed description of the randomization process used to assign participants to the different groups to ensure the study's validity.

"To measure parental orientation, the Parental Orientation Questionnaire by Yousefi (2021) was used." Include information on the reliability and validity of the Parental Orientation Questionnaire, such as Cronbach's alpha or other relevant statistics.

The means and standard deviations for the control group's post-test and follow-up stages are very similar. Discuss any potential reasons for this observation and how it may impact the interpretation of the study's findings.

The power for the within-groups effect of time and the time  $\times$  group interaction is reported as 1, and for the group factor, it is .99. Discuss the implications of these high power values for the robustness of the study's findings.

The comparison between the mindful group and brain-based group has a mean difference of -0.60 and a significance level of 1. Provide an interpretation of these results and discuss the potential reasons why no significant difference was observed between these two groups.

"In alignment with other research findings, it can be said that based on available databases, no published study specifically addressing this topic was found." Consider discussing the relevance and implications of similar studies in the broader literature on parenting interventions, even if they do not directly address parental orientation.

"In explaining the effectiveness of mindful parenting on life orientation, it can be said that this type of parenting includes two important aspects..." Expand on how these aspects specifically contribute to improving parental orientation and cite relevant literature supporting these mechanisms.

Authors revised and uploaded the document.

## 1.2. Reviewer 2

Reviewer:

"One of these factors is parental orientation." Provide a more detailed definition of parental orientation and how it differs from general parental attitudes. Include how this concept is specifically measured in the context of this study.

"This research employed an experimental method (pre-test post-test design with two experimental groups and one control group) along with a follow-up stage (two months)." Specify the duration between the pre-test and post-test phases, and the timing of the follow-up assessments.

"Disruptive Maternal Behaviors and Four Necessities of Secure Attachment." Consider providing specific examples of disruptive maternal behaviors and how each of the four necessities (challenge, security, nurturing, structure) directly counteracts these behaviors.

"Explicit and Implicit Memory in Parenting." Clarify the distinction between explicit and implicit memories within the context of parenting. Provide examples of how these types of memories might manifest in parenting behaviors.

"Conduct a mindful breathing and eating exercise." Specify the duration and frequency of these exercises within the session to allow replication in future studies.

"The results showed that parental orientation in the three stages of pre-test, post-test, and follow-up had a normal distribution ( $p > .05$ )..." Include the specific statistical tests used to assess normal distribution and other assumptions, such as Shapiro-Wilk test results.

"In explaining the effectiveness of brain-based parenting on parental orientation, it can be said that this method includes mechanisms that have helped improve mothers' parental orientation." Provide specific examples of these mechanisms and their theoretical underpinnings from the literature on brain-based parenting.

"In explaining the ineffectiveness of attachment-based parenting training on mothers' orientation, the results were contrary to expectations..." Offer more detailed potential reasons for this ineffectiveness, considering both the content of the intervention and the methodological aspects of the study.

Authors revised and uploaded the document.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.