




# Comparison of the Effectiveness of Schema-Based Parenting and Mindful Parenting on Sleep Problems, Aggression, and Improvement of Social Interactions in Children with Mild Autism Spectrum Disorder

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## Editor

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## Reviewers

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The sentence "Autism spectrum disorder is accompanied by numerous emotional and behavioral problems" is too general. It would be beneficial to elaborate on which specific emotional and behavioral problems are most common in children with mild autism spectrum disorder.

The claim that "a child with autism lives in their own world" could be seen as overly simplistic. Consider rephrasing this to better reflect the diversity of experiences among children with autism spectrum disorder.

The description of the mindfulness sessions is thorough, but the article should explain why these specific mindfulness techniques were chosen over others. A brief justification of their relevance to the target population would strengthen this section.

The schema-based parenting sessions are well-outlined, but the theoretical basis for choosing these particular schemas (e.g., disconnection/rejection) should be clarified. Why are these schemas particularly relevant to children with mild autism spectrum disorder?

The table presents means and standard deviations for different groups, but the text does not discuss the effect sizes or clinical significance of these differences. Including this information would provide a more comprehensive understanding of the findings.

The ANOVA results are presented clearly, but the article should discuss whether assumptions of normality, homogeneity of variances, and independence of observations were checked before performing ANOVA. This ensures the robustness of the analysis.

The Bonferroni correction is used for multiple comparisons, but the article does not mention the potential for Type II errors due to the conservative nature of this test. Consider discussing the trade-offs involved in using Bonferroni adjustments.

Authors revised and uploaded the document.

## 1.2. Reviewer 2

Reviewer:

When discussing aggression, the article states that "self-injurious and aggressive behaviors can cause serious harm." It would be helpful to include statistical data or references to studies that quantify the prevalence and impact of these behaviors.

The discussion of sleep problems would benefit from a more detailed explanation of how these issues specifically affect children with mild autism spectrum disorder, as opposed to the general child population.

The description of the sample size calculation using Cochran's formula is mentioned, but the actual calculation process and assumptions made are not provided. Consider adding a brief explanation of how the sample size was determined.

The article describes the Aggression Questionnaire but does not provide information on its validation in the specific population of children with mild autism spectrum disorder. Consider including a statement on the validity and reliability of this tool in your study population.

The reliability of the Children's Sleep Habits Questionnaire is mentioned, but the article would benefit from a discussion of its cultural adaptability or any modifications made for use in Iran.

The statement "the results indicated significant differences between the experimental groups and the control group across all measured variables" is somewhat vague. It would be more informative to specify the nature of these differences and their implications for practice.

The discussion of aggression reduction through schema-based parenting references Young et al. (2003) but does not provide a clear link between the theoretical model and the empirical findings of this study. Elaborating on this connection would strengthen the argument.

The mention of "observational learning and modeling" in the context of social skills improvement is important, but the article should explain how these concepts were operationalized in the interventions. Were these aspects explicitly taught or modeled in the sessions?

Authors revised and uploaded the document.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.