




The Impact of Cognitive-Behavioral Therapy on Enhancing Self-Control and Reducing Anger among Individuals Recovered from COVID-19




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E d i t o r	R e v i e w e r s
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1. Round 1

1.1. Reviewer 1

Reviewer:

Introduction - Variable Justification (Paragraph 7): When stating, "Another common variable among COVID-19 patients is anger and violence," you should clarify the prevalence of anger as a psychological consequence of COVID-19 through quantitative data or meta-analyses.

The transition between anger and CBT is abrupt. Consider linking the psychological mechanisms of anger to CBT's core principles to justify its selection.

The explanation of reverse scoring ("questions 2, 3, 4...") would benefit from a table or clearer phrasing to avoid confusion. Also clarify if the total score reflects higher self-control after reversing those items.

For example, in Session 6 “self-control techniques and pleasant activity scheduling,” it would be helpful to name the specific cognitive or behavioral techniques (e.g., delay discounting, impulse control worksheets).

Although cortisol mechanisms are explained, they are irrelevant to the current study. Replace with mechanisms explaining how CBT modifies cognitive distortions, impulse regulation, and anger management.

Authors revised and uploaded the document.

1.2. Reviewer 2

Reviewer:

The claim, “violence has become a common problem in many households” during COVID-19 could be contextualized better by citing data specific to domestic violence trends during the pandemic.

The research gap is implied but not explicitly articulated. Please include a more precise sentence indicating how this study extends prior research or addresses a novel population or method.

In the paragraph discussing Wilks' lambda and multivariate effects, report partial eta squared (η^2) for multivariate tests if available, to convey effect size comprehensively.

The entire discussion appears to analyze the impact of CBT and ACT on cortisol and asthma, which is unrelated to the actual study. Please revise completely to discuss the effects of CBT on self-control and anger in post-COVID individuals.

Authors revised and uploaded the document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.