




# Comparison of the Effectiveness of Shame-Awareness Therapy and Cognitive-Behavioral Therapy on Self-Regulation Behaviors and Psychological Symptoms in Adolescent Girls with Gender Dysphoria

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E d i t o r	R e v i e w e r s
Chiedu Eseadi  Department of Educational Foundations, University of Nigeria, Nsukka, Nigeria chiedu.esyadi@unn.edu.ng	<b>Reviewer 1:</b> Abolghasem Khoshkanesh  Assistant Professor, Counseling Department, Shahid Beheshti University, Tehran, Iran. Email: akhoshkonesh@sbu.ac.ir <b>Reviewer 2:</b> Stephen C. L. Lau  Professor (Assistant) at Washington University in St. Louis, United States. Email: lauc@wustl.edu

## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The term "gender dysphoria" is adequately explained, but the reference to DSM-5 could be more concise to improve readability. Consider summarizing the key points more efficiently.

"Self-regulation is a process through which an individual monitors their behavior..." This section would benefit from citing additional recent studies to strengthen the theoretical framework of self-regulation.

The reliability and validity statistics for the Depression, Anxiety, and Stress Scale (DASS-21) should include a brief explanation of how these values were obtained and their significance in the study.

"Participants learn to recognize shame-inducing thoughts..." Provide examples of thought patterns or scenarios used to illustrate these concepts to participants.

"Participants learn about the concept of behavioral chains..." Consider expanding on how these behavioral chains are broken and what methods are most effective.

"The results of Levene's test indicated homogeneity of variance..." It would be helpful to discuss how the assumptions of ANCOVA were specifically tested and confirmed.

The results are significant, but the discussion of effect sizes is missing. Including effect sizes would provide a clearer understanding of the clinical relevance of the findings.

"It appears that these therapies impacted the execution phase of the self-regulation process..." This claim could be substantiated with more specific examples or mechanisms through which these therapies exert their effects.

Authors revised and uploaded the document.

## 1.2. Reviewer 2

Reviewer:

The explanation of the sample size determination could be clearer. You mention Cohen's table but do not elaborate on how the effect size was calculated or why 12 participants per group were deemed appropriate.

"The entry criteria included no concurrent psychological interventions..." It would be helpful to explain why these specific criteria were chosen and how they ensure the validity of the results.

The description of the Self-Regulation Questionnaire could be improved by clarifying how the components measured align with the study's objectives.

"The session begins with a group introduction..." Consider including more specific details about how rapport is built and how cultural sensitivities are addressed in the group dynamic.

"Participants explore the origins of shame..." This section could benefit from discussing how past trauma or cultural factors are considered in therapy sessions.

"Descriptive statistics were used to calculate frequency..." The rationale for using MANCOVA should be explained in more detail, especially why it is the most appropriate method given the study design.

The presentation of descriptive indices for body image scores would be clearer with a brief interpretation of the means and standard deviations provided directly in the text.

The comparison with previous studies lacks depth. Discuss how your findings align or contrast with existing literature and any potential reasons for differences.

Authors revised and uploaded the document.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.