




The Role of Self-Control and Emotional Processing in Predicting Psychological Well-Being Among Young Adults in Tabriz


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1. Round 1

1.1. Reviewer 1

Reviewer:

The introduction section mentions “Ryff’s model, which includes dimensions such as autonomy, environmental mastery, personal growth...” (p. 2). Consider elaborating on why this model was chosen over other well-being frameworks to strengthen the theoretical justification.

The results section presents descriptive statistics, but the interpretation of these values is limited. Adding a discussion on how these scores compare with previous studies or normative data could provide more context.

The sentence “Pearson’s correlation analysis revealed significant positive correlations between psychological well-being and both self-control and emotional processing” (p. 8) could benefit from a deeper discussion of the effect size and its practical implications.

The statement “The adjusted R² value of .26 suggests that approximately 26% of the variability in psychological well-being can be explained...” (p. 8) is informative. However, discussing the remaining unexplained variance and other potential factors influencing well-being would add depth.

The conclusion section highlights the need for “interventions aimed at enhancing self-control and emotional processing” (p. 12). Including specific examples of evidence-based interventions could strengthen the practical relevance of the findings.

Authors revised and uploaded the document.

1.2. Reviewer 2

Reviewer:

The introduction provides comprehensive background information but lacks a clear articulation of specific research gaps. Adding a paragraph summarizing the unmet needs in the literature would make the research rationale more compelling.

The “convenience sampling” method (p. 5) is briefly justified. Discuss the potential limitations this sampling technique may impose on the generalizability of the findings and consider suggesting alternative methods for future research.

The explanation of the “Emotional Processing Scale” (p. 6) mentions a reliability score but does not provide information about the potential cultural relevance of this scale. Please add a note on how cultural differences might affect the scale's validity.

The text describes “normality, linearity, homoscedasticity, and multicollinearity assumptions” (p. 7). It would be helpful to include a brief explanation of the significance of these assumptions for readers unfamiliar with regression analysis.

The discussion effectively links findings to existing research, but the section “The significant positive correlation between self-control and psychological well-being aligns with previous research...” (p. 9) would benefit from acknowledging any contradictory findings or differing perspectives.

The authors state that “the cross-sectional design of the study limits the ability to draw causal inferences” (p. 11). Consider discussing the potential for reverse causality and the implications for interpreting the results.

The sentence “The present study adds to this body of knowledge by providing evidence from a non-Western population” (p. 10) is valuable. Expanding on how cultural factors in Tabriz may influence self-control and emotional processing would enrich the discussion.

Authors revised and uploaded the document.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.