




The Effectiveness of Cognitive-Behavioral Therapy on Perceived Stress in Adolescents with Social Anxiety Disorder


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1. Round 1

1.1. Reviewer 1

Reviewer:

The Methods section lacks details about how the control group was managed during the intervention period. Clarify whether the control group received any form of placebo or alternate intervention.

The section describing CBT sessions mentions several techniques, such as guided imagery and relaxation practices. Provide a rationale for choosing these specific techniques and their alignment with the study's objectives.

In Table 1, the labels for pre-test, post-test, and follow-up should be more descriptive (e.g., "Mean Perceived Stress Scores at Pre-Test, Post-Test, and Follow-Up").

The Limitations section mentions "cognitive factors such as intelligence and aptitude" but does not specify how these were measured or controlled. Suggest adding more details or proposing their inclusion in future research.

The Conclusion section emphasizes therapeutic implications. Expand on how this study contributes to the theoretical understanding of CBT's mechanisms in reducing perceived stress.

Authors revised and uploaded the document.

1.2. Reviewer 2

Reviewer:

In the description of the study design, you mention a "one-month follow-up phase," but later in the article, a "two-month follow-up" is referenced. Ensure consistency in reporting the follow-up duration.

While the study uses repeated measures ANOVA, include a more detailed explanation of the steps taken to check for assumptions such as sphericity and normality. For instance, mention the specific results of Mauchly's test.

While the ANOVA results include significance and F-values, add a discussion of the practical significance by elaborating on the effect sizes (e.g., Cohen's d).

In the Discussion, you state, "These findings are consistent with prior studies (Chen & Jiang, 2024; Kamran et al., 2023)." Elaborate on how these findings align or diverge from the methodologies and conclusions of these cited studies.

The Discussion section frequently shifts between CBT's benefits and broader theoretical implications. Structure it to first address study-specific results, then link to broader contexts.

Authors revised and uploaded the document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.