

The Effectiveness of Cognitive-Behavioral Training on Quality of Life and Anxiety Among Students of the Islamic Azad University, Shiraz Branch


Farima. Barati¹, Ali. Naseri^{2*}

¹ M.A., Department of Psychology, Shiraz Branch, Islamic Azad University, Shiraz, Iran



² Assistant Professor, Department of Psychology, Firouzabad Branch, Islamic Azad University, Firouzabad, Iran

* Corresponding author email address: dr.alinaseri@iau.ac.ir

Editor

Arusyak Gevorgyan¹
Armenian State Pedagogical
University after Khachatur Abovian,
Yerevan, Armenia
gevorgyanarusyak-6@aspu.am

Reviewers

Reviewer 1: Roodabeh Hooshmandi¹
Department of Psychology and Counseling, KMAN Research Institute, Richmond
Hill, Ontario, Canada. Email: roodhooshmandi@kmanresce.ca
Reviewer 2: Parvaneh Mohammadkhani¹
Professor, Department of Clinical Psychology, University of Rehabilitation Sciences
and Social Health, Tehran, Iran. Email: Pa.mohammadkhani@uswr.ac.ir

1. Round 1

1.1. Reviewer 1

Reviewer:

The authors discuss the role of university students in society but could strengthen the argument by citing additional recent studies emphasizing the connection between academic performance and mental health (e.g., Riccomini et al., 2024).

The section cites several studies validating the Beck Anxiety Inventory but does not provide information on its cultural adaptation or reliability in the Iranian context, which is crucial for the study population.

The results show significant effects but do not include confidence intervals for the effect sizes. Including these would provide a clearer picture of the precision of the findings.

The authors conclude with broad recommendations for implementing CBT at universities but should address how logistical and cultural barriers might affect scalability in other contexts.

Authors revised and uploaded the document.

1.2. Reviewer 2

Reviewer:

The statement "Anxiety can also have negative effects on physical and mental health" could be expanded by referencing specific mechanisms (e.g., the impact of cortisol levels) to deepen the discussion.

The quasi-experimental design lacks detailed justification. Adding a rationale for why this design was chosen over others, such as a randomized controlled trial, would enhance the methodological rigor.

While the description of CBT sessions is detailed, the authors should clarify whether these sessions were delivered by licensed professionals or trained facilitators, as this impacts replicability.

The table does not provide effect sizes for changes in anxiety and quality of life over time. Including these would add depth to the interpretation of results.

The text mentions skewness, kurtosis, and the Shapiro-Wilk test but does not report actual values. Presenting these would strengthen the transparency of the analysis.

The discussion could benefit from explicitly connecting the observed improvements in anxiety and quality of life to the specific techniques used in the CBT intervention, such as cognitive restructuring.

The limitation regarding the exclusive use of questionnaires is well-noted, but the authors could suggest specific mixed-methods approaches (e.g., interviews or focus groups) for future research.

Authors revised and uploaded the document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.