

# The Effectiveness of Cognitive-Behavioral Therapy on Improving the Quality of Life of Adolescents Engaging in Non-Suicidal Self-Injury

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Abolfazl Karami <sup>1</sup> Associate Professor, Department of Psychology, Allameh Tabataba'i University, Tehran, Iran abolfazlkarami1@gmail.com	<b>Reviewer 1:</b> Sara Nejatifar <sup>1</sup> Department of Psychology and Education of People with Special Needs, Faculty of Educational Sciences and Psychology, University of Isfahan, Isfahan, Iran. Email: s.nejatifar@edu.ui.ac.ir <b>Reviewer 2:</b> Mehdi Rostami <sup>1</sup> Department of Psychology and Counseling, KMAN Research Institute, Richmond Hill, Ontario, Canada. Email: dr.mrostami@kmanresce.ca

## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The definition of self-injurious behavior provided seems outdated. Please include more recent references and definitions, especially focusing on the latest DSM-5 criteria for a more contemporary understanding of non-suicidal self-injury (NSSI).

The sentence "In Iran, a study on self-injurious behaviors..." should specify the year of the study and potentially include more recent data to provide a current perspective on the issue within the region.

The sample size of 28 participants per group seems relatively small. Discuss the potential limitations this imposes on the generalizability of the study results and consider suggesting an increased sample size for future studies.

The mean and standard deviation values are clearly presented, but it would be helpful to include effect sizes to provide a better understanding of the practical significance of the findings.

Ensure to mention any post-hoc tests conducted following ANCOVA to determine the specific group differences. This adds depth to the statistical analysis and findings.

The discussion on the effectiveness of Cognitive-Behavioral Therapy (CBT) could be strengthened by comparing your findings with other recent studies on CBT for NSSI, highlighting similarities and differences in outcomes.

When explaining the mechanisms through which CBT improves quality of life, consider referencing specific CBT techniques and how they directly impact the psychological and behavioral aspects of NSSI.

The reliance on self-report questionnaires is acknowledged, but suggest ways to mitigate this in future studies, such as incorporating clinical interviews or behavioral assessments.

Authors uploaded the revised manuscript.

### 1.2. Reviewer 2

Reviewer:

The statistics on the prevalence of self-injury would benefit from recent data. Consider adding more recent studies or meta-analyses to provide updated prevalence rates and trends.

The description of the Non-Suicidal Self-Injury Questionnaire (NSSI) is detailed but does not mention any cultural adaptations made for the Iranian population. If any adaptations were made, please specify; if not, discuss potential cultural limitations.

The Quality of Life Questionnaire should include a discussion on its validation in the specific age group of adolescents, as this is critical for ensuring the appropriateness of the tool in this study's context.

The geographic limitation to Sari should be discussed in greater depth. Explain how regional cultural factors might influence the study's findings and generalizability.

Encourage exploring the use of mixed-methods designs, combining qualitative data with quantitative data to provide a more comprehensive understanding of CBT's impact on NSSI behaviors and quality of life.

Strengthen the conclusion by summarizing the key findings in a succinct manner and discussing their broader implications for clinical practice and public health policies.

Authors uploaded the revised manuscript.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.