




# The Impact of Stress Inoculation Management Training on Negative Automatic Thoughts, Psychological Distress, and Cognitive Fusion among Students Preparing for University Entrance Exam


Shirin. Khodamoradi<sup>1</sup>, Saeedehsadat. Hosseini<sup>2\*</sup>, Hassan. Amiri<sup>2</sup>

<sup>1</sup> PhD Student, Department of General Psychology, Kermanshah Branch, Islamic Azad University, Kermanshah, Iran



<sup>2</sup> Assistant Professor, Department of Psychology, Kermanshah Branch, Islamic Azad University, Kermanshah, Iran

\* Corresponding author email address: Saeedeh\_hosseini@iauksh.ac.ir

## Editor

Thseen Nazir  
Professor of Psychology and  
Counseling Department, Ibn Haldun  
University, Istanbul, Turkey  
thseen.nazir@ihu.edu.tr

## Reviewers

**Reviewer 1:** Mohammadreza Zarbakhsh Bahri  
Associate Professor (Department of Psychology, Tonekabon Branch, Islamic Azad  
University, Tonekabon, Iran. Email: M.Zarbakhsh@Toniau.ac.ir  
**Reviewer 2:** Abotaleb Saadati shamir  
Assistant Professor, Department of Educational Sciences, University of Science and  
Research, Tehran, Iran. Email: psychology@iau.ac.ir

## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The introduction could benefit from a clearer outline of the research question and hypotheses. A concise statement early in the introduction would help guide the reader through the rest of the paper.

Expand on the current literature to include more recent studies, particularly those published in the last three to five years, to strengthen the context and relevance of the research.

Clarify why convenience sampling was chosen over other sampling methods, and discuss any potential biases this method might introduce, considering the specificity of the population studied (female preparatory students).

Provide a more detailed description of the control group activities or lack thereof to ensure clarity on how the control conditions differed from the experimental conditions.

Include additional statistical details such as the exact values of the F-statistics and effect sizes in the tables. This would enhance the transparency and reproducibility of the results.

The discussion would benefit from a deeper analysis of how the findings compare with existing theories and research in the field. Exploring why certain results were observed and their implications could be expanded.

Ensure all references are consistently formatted according to the journal's guidelines. Some references seem to have different styles, which could affect the professional presentation of the paper.

Authors uploaded the revised manuscript.

### 1.2. Reviewer 2

Reviewer:

Consider using a randomized control trial design instead of convenience sampling to enhance the validity of the results and reduce selection bias. This would strengthen the argument that the outcomes are directly attributable to the interventions.

It would be beneficial to include a validation section for the psychological measures used, especially if they have been adapted for this specific population. Discussing their reliability and validity in the current study context would add to the credibility of the data.

Provide more detail on how the data was collected and any measures taken to ensure the accuracy and reliability of the responses, especially since self-reported data can be prone to biases.

Expand the description of the stress inoculation management training sessions. Specific details on the content of each session and how it was supposed to influence the studied outcomes would provide a clearer understanding of the intervention.

Elaborate on the ethical considerations, particularly how participant confidentiality is maintained and any potential risks to participants due to the psychological nature of the intervention.

Discuss the limitations regarding the generalizability of the findings to other populations or settings. Considering the specific demographic (female students from one geographic area), how might these results apply to other groups?

Authors uploaded the revised manuscript.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.