


# Comparison of the Effectiveness of Mindfulness-Based Cognitive-Behavioral Therapy with Emotion-Focused Therapy on Sensation Seeking in Adolescents with Internet Addiction

Shila. Shojeyan<sup>1</sup>, Afsaneh. Khajevand Khoshli<sup>2\*</sup>, Leila Sadat. Azizi<sup>3</sup>, Javanshir. Asadi<sup>2</sup>


<sup>1</sup> PhD student in psychology, faculty of humanities, Gorgan branch, Islamic Azad University, Gorgan, Iran

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



<sup>3</sup> Assistant Professor, Department of Nursing, Faculty of Medical Sciences, Gorgan Branch, Islamic Azad University, Gorgan, Iran

\* Corresponding author email address: khajevand\_a@gorganiau.ac.it

## Editor

Salahadin Lotfi<sup>1</sup>  
PhD in Cognitive Psychology & Neuroscience, UWM & Rogers Behavioral Health Verified, Lecturer at University of Wisconsin slotfi@uwm.edu

## Reviewers

**Reviewer 1:** Faranak Saboonchi<sup>1</sup>  
Assistant Professor, Department of Psychology, Payam Noor University, Tehran, Iran. Email: faranaksaboonchi@pnu.ac.ir  
**Reviewer 2:** Elham Azarakhsh<sup>1</sup>  
Department of Psychology, Islamic Azad University, Qom Branch, Qom, Iran. Email: elhamazarakhsh@qom.iau.ac.ir

## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The review currently discusses the significance of parent-adolescent conflicts succinctly. It could benefit from a broader scope, incorporating recent studies that explore diverse counseling models addressing similar conflicts, comparing their efficacy with the self-harmonization model.

Consider describing more about the controls in the quasi-experimental design, if any were used, to strengthen the study's credibility. Additionally, expanding on the limitations of using a small, non-random sample could improve the transparency of the study's generalizability.

While the manuscript mentions using visual plotting, the reliable change index, and percentage of improvement formula, it lacks detailed statistical analysis which could validate the findings more robustly. Including statistical tests like paired t-tests or ANOVAs could provide a clearer picture of the data's significance.

The discussion could be enhanced by linking the findings more explicitly to theoretical frameworks on conflict resolution and family dynamics. This would provide a deeper understanding of why the model works and its potential implications in the field of counseling psychology.

Authors uploaded the revised manuscript.

### 1.2. Reviewer 2

Reviewer:

Ensure that all tables and figures are consistently formatted and labeled throughout the document. This includes checking that all figure and table citations in the text are correct.

Some references seem outdated or are not from peer-reviewed sources. Updating these references to include more recent and peer-reviewed research could strengthen the credibility of the literature review.

Minor grammatical errors need correction for professional polish. Consider a thorough proofread to refine sentence structure and ensure clarity and flow in the narrative.

Refine the abstract to more succinctly highlight the study's objective, methods, main findings, and implications, ensuring it captures all essential aspects of the study within a concise format.

Authors uploaded the revised manuscript.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.