

# Determining the Effectiveness of Positive Psychology on Resilience and Depression Among Master's Students at Payame Noor University of Karaj


Fatemeh. Nokhbe Zare<sup>1</sup>, Parvin. Mirzaei<sup>2\*</sup>, Seyed Ali. Mousavi Asl<sup>2</sup>

<sup>1</sup> M.A in General Psychology, Department of Psychology, Islamshahr Branch, Payame Noor University, Islamshahr, Iran



<sup>2</sup> Assistant Professor, Department of Psychology, Islamshahr Branch, Payame Noor University, Islamshahr, Iran

\* Corresponding author email address: Dr.pmirzaei@gmail.com

## Editor

Maryam Fatehizade<sup>1</sup>  
Professor of Counseling  
Department, Faculty of Educational  
Sciences and Psychology, Isfahan  
University, Iran  
m.fatehizade@edu.ui.ac.ir

## Reviewers

**Reviewer 1:** Mohammad Hassan Ghanifar<sup>1</sup>  
Assistant Professor, Department of Psychology, Birjand Branch, Islamic Azad  
University, Birjand, Iran. Email: ghanifar@iaubir.ac.ir  
**Reviewer 2:** Abotaleb Saadati Shamir<sup>1</sup>  
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 literature review lacks a critical synthesis of the studies mentioned. It would be beneficial to explicitly discuss how each study relates to your research question and what gaps they leave that your study addresses.

The research questions are implied but not explicitly stated. Clearly stating your research questions or hypotheses would enhance the clarity of your study's focus.

The sample size and selection criteria are clearly described. However, further details on how participants were randomly assigned to control and experimental groups would enhance the study's rigor. Specifically, describe the randomization process.

The intervention is well detailed, but it would benefit from a more thorough explanation of how the positive psychology sessions were tailored to address both resilience and depression. Include examples of activities or exercises used.

The control group did not receive any training. Discuss whether they received any placebo or alternative intervention to control for the attention they received during the study period.

Authors uploaded the revised manuscript.

## 1.2. Reviewer 2

Reviewer:

The abstract effectively outlines the research objectives, methodology, and key findings. However, it would benefit from a brief mention of the statistical significance and effect sizes observed. For instance, you might add, "The results showed a significant increase in resilience (effect size = 0.643) and a decrease in depression (effect size = 0.259) among the experimental group compared to the control group."

The introduction provides a comprehensive overview of the significance of positive psychology. However, it would benefit from a more detailed literature review, particularly on recent studies post-2017 to show the evolving understanding of positive psychology's impact on resilience and depression.

The use of ANCOVA is appropriate. However, provide a rationale for choosing this test over other potential methods, such as repeated measures ANOVA.

Before using ANCOVA, assumptions of data normality, homogeneity of variances, homogeneity of regression slopes, and linearity were checked. It would be beneficial to include the results of these assumption checks in a supplementary table.

The descriptive statistics are provided, but the presentation of these results could be improved by including graphical representations such as bar charts or line graphs to visually depict changes from pretest to posttest.

While effect sizes are mentioned, provide a more detailed interpretation of these effect sizes in the context of Cohen's benchmarks (small, medium, large). This helps in understanding the practical significance of the findings.

The discussion compares the findings with previous studies but could be strengthened by discussing the theoretical implications of the results. How do your findings advance the understanding of positive psychology interventions?

Authors uploaded the revised manuscript.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.