The Effectiveness of Self-Compassion Training on Emotion Regulation and Cognitive Flexibility in Adolescent Girls with Self-Harming Behavior

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1. Round 1

1.1. Reviewer 1

Reviewer:

Introduction, Paragraph 1: "High-risk behaviors include acts of violence and physical altercations with others, smoking, alcohol consumption, drug use, and high-risk sexual behaviors." – Please provide specific citations for these claims, as they are central to the argument being made about high-risk behaviors.

Introduction, Paragraph 2: "Self-harm is an inappropriate method of coping with emotional problems, stress, anger, and frustration." – The term "inappropriate" can be perceived as judgmental. Consider using a term like "maladaptive" which is more neutral and scientific.

Methodology, Paragraph 1: "The study employed a quasi-experimental design with pre-test and post-test measures." – It would be helpful to include more details about the quasi-experimental design, such as how participants were assigned to groups and what specific measures were used.

Discussion, Paragraph 2: "The mindfulness component of self-compassion can reduce negative emotions." – More recent references on mindfulness and emotion regulation would strengthen this argument. Ensure the literature review is up-to-date.

Discussion, Paragraph 3: "Individuals with high self-compassion judge themselves less harshly." – Consider discussing the potential mechanisms behind this relationship. How does self-compassion influence self-judgment at a cognitive or emotional level?

Discussion, Paragraph 4: "High self-compassion also helps individuals respond more adaptively to stressful situations." – It would be beneficial to include specific examples or case studies that illustrate adaptive responses facilitated by self-compassion.

Conclusion, Paragraph 1: "The study highlights the importance of self-compassion training in psychological interventions." – Provide suggestions for future research to address gaps identified in the current study, such as exploring long-term effects or different age groups.

Conclusion, Paragraph 2: "These interventions can reduce pain, suffering, worry, depression, stress, and anxiety." – Ensure that all claims made in the conclusion are directly supported by the data presented in the results. Avoid overgeneralizations.

Authors uploaded the revised manuscript.

1.2. Reviewer 2

Reviewer:

Introduction, Paragraph 3: "Self-harm behaviors are often impulsive and may stem from psychological issues such as depression, eating disorders, and borderline personality disorder." – Please provide empirical evidence or studies that support this statement.

Literature Review, Paragraph 4: "Factors influencing self-harm include both external and internal factors." – This section would benefit from a clearer distinction between the specific internal and external factors. Consider expanding on each category with more detailed examples.

Literature Review, Paragraph 5: "Self-compassion enables individuals to approach suffering and negative events without harsh self-criticism." – Elaborate on how self-compassion achieves this effect. Including more detailed mechanisms or pathways would strengthen this argument.

Methodology, Paragraph 2: "Participants were adolescent girls with self-harming behavior." – Specify the criteria used to identify self-harming behavior in participants. This clarity is crucial for replication and understanding the sample population.

Methodology, Paragraph 3: "The intervention consisted of self-compassion training sessions." – Provide more information on the content and structure of these training sessions. How long were the sessions, and what specific activities or exercises were included?

Methodology, Paragraph 4: "Emotion regulation and cognitive flexibility were measured using validated scales." – Name the specific scales used and provide references for their validity and reliability in similar populations.

Results, Paragraph 1: "The intervention group showed significant improvements in emotion regulation." – Include the statistical values (e.g., t-values, p-values) that support this statement. Detailed statistical results are necessary for validating the findings.

Results, Paragraph 2: "There was a significant decrease in self-harming behaviors in the intervention group." – Provide the data showing the decrease, including pre-test and post-test means and standard deviations, to give a clear picture of the magnitude of change.

Discussion, Paragraph 1: "These findings suggest that self-compassion training is effective for improving emotion regulation in adolescent girls with self-harming behavior." – Discuss potential limitations of the study, such as sample size, selection bias, or external validity issues.

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2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.