

Effectiveness of Quality of Life Based on Glasser's Reality Therapy on Internet and Computer Game Addiction According to Adolescents' Lived Experiences

Afsaneh. Nafarieh Talkhouncheh¹, Hadi. Farhadi^{2*}, Gholamreza. Manshaee³


¹ PhD Student in General Psychology, Addictive Behaviours Research Center, Isfahan (Khorasgan) Branch, Islamic Azad University, Isfahan, Iran

² Associate Professor, Addictive Behaviours Research Center, Isfahan (Khorasgan) Branch, Islamic Azad University, Isfahan, Iran



³ Associate Professor, Department of Educational Science and Psychology, Isfahan (Khorasgan) Branch, Islamic Azad University, Isfahan, Iran

* Corresponding author email address: Farhadihadi@yahoo.com

Editor

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

Reviewers

Reviewer 1: Zahra Yousefi
Assistant Professor, Department of Psychology, Khorasgan Branch, Islamic Azad
University, Isfahan, Iran.
Email: yousefi1393@khuif.ac.ir
Reviewer 2: Mehdi Rostami
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 introduction could benefit from a clearer explanation of the term "internet addiction." The current definition is broad and lacks specificity. Consider incorporating more precise definitions from recent DSM or ICD classifications.

The article mentions that interview forms were validated by specialists. Provide more details on the validation process, including the number of specialists involved and any metrics used to assess validity.

The Internet Addiction Questionnaire by Kimberly Young is utilized, but its psychometric properties in the current sample are not discussed. Include reliability (Cronbach's alpha) and validity statistics for this sample.

The description of the intervention sessions is comprehensive but could be more structured. Consider organizing the intervention details into subsections for each session, highlighting key activities and goals.

The use of repeated measures ANOVA is appropriate but ensure that the assumptions for this test (e.g., sphericity) are thoroughly checked and reported. The use of the Greenhouse-Geisser correction is mentioned but not justified in detail.

Report the effect sizes alongside p-values to provide a sense of the practical significance of the findings. This can be done using partial eta squared or another appropriate measure.

The results of the Bonferroni post-hoc test are provided, but the rationale for choosing Bonferroni over other methods (e.g., Tukey) is not discussed. Justify this choice and consider whether a more powerful test could be appropriate.

Authors uploaded the revised manuscript.

1.2. Reviewer 2

Reviewer:

The link between Glasser's Reality Therapy and internet addiction is implied but not clearly articulated. Strengthen this connection by explicitly stating how the principles of Reality Therapy apply to the mechanisms of internet addiction.

The sample size of 30 adolescents is relatively small for a quasi-experimental design. Provide a power analysis to justify the sample size and discuss potential limitations due to the sample size.

The study uses purposive sampling. Discuss potential biases introduced by this method and how they were mitigated. Additionally, consider suggesting the use of random sampling in future studies.

Clearly define the inclusion and exclusion criteria. The current criteria are mentioned briefly; expanding on this will improve the replicability of the study.

The follow-up period of two months is relatively short. Discuss the implications of this limited follow-up period and suggest longer follow-up periods for future research to assess the sustained impact of the intervention.

The control group did not receive any intervention. Consider discussing whether an active control (e.g., another form of therapy) would have been more appropriate to control for placebo effects.

Since the study was conducted in Iran, discuss how cultural factors might influence the results. This includes how internet use behaviors and therapy reception might differ across cultures.

Authors uploaded the revised manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.