The Effectiveness of Schema Therapy on Depression, Self-Esteem, and Distress Tolerance in Fatherless Depressed Adolescents

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1. Round 1

1.1. Reviewer 1

Reviewer:

Include statistical data to emphasize the prevalence and significance of depression among fatherless adolescents. For instance, "According to the World Health Organization (2021), approximately X% of adolescents who have lost a parent experience significant depressive symptoms."

Clarify the criteria used to select the schools. For example, "Schools were selected based on their geographical distribution and the availability of students who had lost their fathers in the past 1 to 2 years."

Add a column or a note indicating the statistical significance of the differences observed between pre-test and post-test scores.

Include a brief explanation of the procedures used to test the assumptions for ANCOVA and MANCOVA. For example, "Assumptions of normality, homogeneity of variances, and linearity were tested using Shapiro-Wilk tests and Levene's test for equality of variances."

Include a discussion of potential protective factors or resilience mechanisms. For example, "Protective factors such as strong social support networks and adaptive coping strategies can help mitigate the negative impact of losing a father."

Discuss any cultural adaptation or validation processes undertaken for the Coopersmith Self-Esteem Inventory in the Iranian context. For example, "The inventory was culturally adapted and validated for use in Iran through a process of translation and back-translation, as well as pilot testing with a sample of Iranian adolescents."

Include a brief interpretation of the effect sizes reported in Table 3. For example, "The effect sizes indicate that schema therapy had a moderate to large impact on all dimensions of self-esteem, with the largest effect observed in general self-esteem ($\eta^2 = .54$)."

Expand the discussion to include implications for clinical practice. For example, "The significant improvements in distress tolerance suggest that schema therapy can be a valuable intervention in clinical settings, helping adolescents develop better emotional regulation and coping skills."

Connect the findings to the broader literature on grief and adolescence. For example, "These findings align with the broader literature on grief, which highlights the importance of targeted therapeutic interventions for adolescents experiencing parental loss."

Authors uploaded the revised manuscript.

1.2.   Reviewer 2

Reviewer:

Strengthen the link by adding a sentence that explicitly connects distress tolerance to the unique emotional challenges of fatherless adolescents. For example, "This capacity is particularly critical for fatherless adolescents, who may face heightened emotional challenges due to their loss."

Provide more recent reliability and validity statistics for the BDI if available. Alternatively, mention the source and date of the current statistics to justify their use.

Include specific goals or expected outcomes for each session to provide a clearer picture of the therapeutic process. For instance, "The goal of Session 1 is to establish rapport and provide participants with an understanding of schema therapy and its relevance to their experiences."

Include a discussion on how cultural factors in Iran might influence the effectiveness of schema therapy. For example, "In the Iranian context, family dynamics and societal expectations may play a significant role in shaping the experiences of fatherless adolescents."

Elaborate on the mechanisms by which schema therapy reduces depression and enhances self-esteem and distress tolerance. For example, "Schema therapy addresses deeply rooted maladaptive schemas by employing cognitive restructuring and experiential techniques, which help adolescents reframe their negative beliefs and develop healthier coping strategies."

Add specific recommendations for future research. For example, "Future studies should explore the long-term effects of schema therapy on a larger and more diverse sample of fatherless adolescents across different cultural contexts."

Provide more details on the grief-related exercises. For example, "Participants engage in journaling exercises to articulate their feelings and create memory books to commemorate their fathers, which helps in processing their grief."

Provide a rationale for selecting schema therapy over other therapeutic approaches. For example, "Schema therapy was selected for this study due to its comprehensive approach that integrates cognitive, behavioral, and experiential techniques, which are particularly effective in addressing the complex emotional needs of fatherless adolescents."

Authors uploaded the revised manuscript.

2.   Revised

Editor's decision after revisions: Accepted.
Editor in Chief's decision: Accepted.