

The Effectiveness of Mentalization-Based Treatment on Alexithymia and Internalizing Behavioral Problems in Adolescents of Divorce

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1. Round 1

1.1. Reviewer 1

Reviewer:

"In 2021, one in three marriages ended in divorce, representing a nearly two percent increase compared to 2020." - Please provide a detailed statistical source for this data to strengthen the credibility of the statement. It would be beneficial to include the exact numbers or reference the relevant statistical reports.

"In this study, the Child and Adolescent Behavior Inventory by Achenbach and Rescorla was used to assess internalizing behavioral problems." - Specify the validity and reliability statistics of this inventory when used in similar populations, or cite studies where this inventory has been used successfully.

"The Alexithymia Questionnaire was developed by Bagby, Parker, and Taylor (1994)." - It would be beneficial to include a brief description of the psychometric properties of the Alexithymia Questionnaire specifically for an adolescent population.

"The statistical power of 100% indicates high statistical accuracy and adequate sample size for evaluating the interaction effects." - Provide a brief explanation of how the statistical power was calculated and why 100% power is significant in this context.

"The first finding of the study showed that mentalization-based treatment significantly impacted alexithymia and its subscales..." - Elaborate on how the findings compare with previous studies. Provide a more detailed comparison with similar studies and discuss potential reasons for any discrepancies.

"Another explanation is the role of mentalization-based treatment in strengthening family and interpersonal support and creating emotional closeness." - This statement would benefit from a theoretical framework or model that supports the link between mentalization-based treatment and emotional closeness. Cite relevant theories or models.

Authors uploaded the revised manuscript.

1.2. Reviewer 2

Reviewer:

"The inability of children and adolescents to adapt to their parents' divorce can have detrimental effects on their psychological functioning and even their physical condition (Reisi Sartashnizi 2023)." - Clarify what specific physical conditions might arise as a result of psychological functioning impairment due to divorce. Including specific examples or a brief explanation would be helpful.

"The statistical population consisted of adolescents of divorce in the first secondary school stage of Education District 14 in Tehran during the academic year 2022-2023." - Provide more details about the demographic characteristics of the population such as socio-economic status, ethnicity, and family structure. This will help in understanding the sample better.

"In this study, 36 adolescents of divorce were selected using purposive sampling and randomly assigned to experimental (19 participants) and control (17 participants) groups." - Explain the criteria used for purposive sampling in more detail. How were the adolescents identified and selected? This will add transparency to your sampling method.

Each session's description should include more specific therapeutic activities or techniques used. For instance, in Session 2, detail what types of "mentalization skills" were taught and how they were practiced during the sessions.

"The Shapiro-Wilk test results indicated that the assumption of normal distribution was met for the variables." - Include the actual p-values for the Shapiro-Wilk test to substantiate the normality assumption claim.

Ensure all tables have clear titles and captions that explain the content succinctly. For example, Table 1 could be titled "Descriptive Statistics for Alexithymia and Internalizing Behavioral Problems Across Different Stages" and Table 2 as "Mixed Analysis of Variance Results for Alexithymia and Internalizing Behavioral Problems."

"The second finding of this study showed that mentalization-based treatment effectively reduced internalizing behavioral problems in adolescents of divorce." - Discuss the clinical implications of this finding in more depth. How can this finding inform practice in psychological counseling or therapy?

"Therefore, mentalization-based treatment enhances efficient emotional and psychological processing through mental seeking and mindful activities." - Define what is meant by "mental seeking" and provide examples of the mindful activities used in the sessions.

Authors uploaded the revised manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.