




## Spiritual Health Reducers in Adolescents

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### Reviewers

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

"The sentence 'During this process, adolescents face the psychosocial conflict of identity versus role confusion' could benefit from more contextualization. You might consider clarifying how this conflict specifically influences spiritual health in adolescents, as the current phrasing feels disconnected from the focus of the study. A sentence explaining the link between identity confusion and spiritual well-being would enhance the clarity of your argument."

"The sentence 'For this reason, the researcher considers attention to adolescent spiritual health within a local context, and identifying barriers to its dynamism as a necessary and novel pursuit' is somewhat convoluted. You could rephrase it for clarity, such as: 'Therefore, the researcher argues that exploring barriers to adolescent spiritual health within a local context is both necessary and innovative.' This would improve readability and conciseness."

"The description of the qualitative content analysis method could benefit from further detail. For example, how did you ensure the validity and reliability of the coding process? Was intercoder reliability assessed? Including such information would improve the methodological rigor."

"The explanation of 'a unit of meaning' being a sentence, paragraph, or entire text might confuse readers unfamiliar with qualitative content analysis. It might help to provide a concrete example of a unit of meaning from the data collected. This would make your methodology clearer and more accessible."

"While you mention that 'social consequences, such as urban noise and virtual spaces, and the influence of undesirable companions, play a significant role in disrupting adolescents' environmental health,' it would be helpful to expand on how these specific environmental factors contribute to spiritual health. Are there direct links between these factors and spiritual neglect or growth?"

"The sentence 'When an adolescent is exposed to environments saturated with materialistic values and inhuman experiences, they may struggle significantly in their process of self-discovery' is quite broad. Could you clarify what you mean by 'inhuman experiences'? Providing examples or more specific descriptions would enhance the clarity of this argument."

Authors uploaded the revised manuscript.

## 1.2. Reviewer 2

Reviewer:

"In the sentence 'Adolescents place significant importance on their peers' opinions...', it would be helpful to specify how peer influence directly affects spiritual health. Are adolescents more susceptible to abandoning spiritual beliefs when seeking peer acceptance, or does peer influence manifest differently in relation to spiritual development? Expanding this point would provide deeper insight into the mechanisms of spiritual health."

"The phrase 'it predicts lower health outcomes in later life' is a bit vague. Could you specify which aspects of health (mental, physical, social) are affected by the heightened risk of loneliness and reduced life satisfaction? Providing more specificity will strengthen the connection between spiritual health and broader life outcomes."

"The introduction mentions the significance of developing strategies in health information systems for adolescents, but this seems disconnected from the central focus on spiritual health. How do health information systems relate to addressing spiritual health? A brief link to how these systems can support spiritual well-being would clarify the point."

"In the statement 'This study also highlights the importance of religious and belief-based exploration during adolescence,' it would be useful to provide more specific examples or findings from your data to illustrate this point. How did the adolescents in your study engage in religious or belief-based exploration? Concrete examples would strengthen this argument."

"The discussion on 'cognitive development during adolescence' could be expanded by linking it more directly to the findings in your study. For example, you could elaborate on how adolescents' emerging cognitive abilities lead them to question spiritual beliefs, and whether this questioning is associated with spiritual distress or growth."

Authors uploaded the revised manuscript.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.