

Effectiveness of Schema Therapy on Anxiety and Social Adaptation in Delinquent Adolescents

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1. Round 1

1.1. Reviewer 1

Reviewer:

Psychotherapy can not only help reduce their social anxiety but also improve their social skills..." - This statement is broad and lacks specific citation or elaboration on the mechanisms. Consider providing a detailed explanation of how psychotherapy influences both anxiety and social adaptation specifically in delinquent adolescents, citing relevant empirical studies.

"The social dimension appears to have a considerable impact on overall health..." - The definition of "social adaptation" here seems vague. It would be helpful to include a more comprehensive explanation or theoretical framework on the concept of social adaptation and its determinants.

"This scale evaluates interpersonal relationships across different roles..." - Consider adding more detail about the specific dimensions of social adaptation measured by this scale, and whether any cultural adaptations were made for its use in the Iranian adolescent population.

"The F-value for the group factor was significant..." - While the statistical results are clear, the practical significance (e.g., effect sizes) of the findings should be elaborated upon. It would be beneficial to discuss the real-world implications of these statistical outcomes.

"Schema-focused therapy is a comprehensive and multidimensional therapeutic method..." - The discussion heavily focuses on schema therapy's theoretical underpinnings without enough critical evaluation of the study's specific findings. Consider emphasizing the unique contributions of this study and its practical implications for delinquent adolescents.

Authors uploaded the revised manuscript.

1.2. Reviewer 2

Reviewer:

"Based on findings, this therapeutic approach can help adolescents deal with emotional and social challenges more effectively..." - The claims about schema therapy need further support with additional citations, particularly from longitudinal studies or meta-analyses on schema therapy's impact on adolescents.

"The sample of this study consisted of 32 male adolescents aged 14 to 18..." - The small sample size is a limitation. It would be beneficial to address how this may affect the generalizability of the findings and suggest replication studies with larger, more diverse samples.

"The scale has demonstrated a better fit in a two-factor model..." - It is important to clarify which version of the SASA was used (e.g., whether it was adapted for the Iranian population), and provide more details about its psychometric properties (e.g., reliability and validity).

"Data were gathered using the Social Anxiety Scale for Adolescents..." - The article could benefit from more detail on the ANOVA assumptions, such as the normality, sphericity, and homogeneity of variance, particularly considering the small sample size.

"The mean and standard deviation of age for participants..." - The information provided is limited to age. It would be helpful to include additional demographic details, such as socioeconomic status, family background, or prior psychological history, which may influence the study outcomes.

"Schema therapy posits that individuals create unhealthy and harmful patterns in their minds..." - This section could be strengthened by including a more nuanced discussion of potential moderating or mediating factors (e.g., family environment, cognitive development) that may influence the therapy's effectiveness.

"Moreover, the current study's results indicated that schema therapy..." - A discussion of the broader cultural context (i.e., Iranian delinquent adolescents) is missing. How might cultural factors have influenced the outcomes? Are there cultural barriers to schema therapy that were addressed?

"These modifications can strengthen family relationships..." - There is limited empirical evidence provided for these claims. The article would benefit from a more critical analysis of how schema therapy specifically impacts family dynamics and broader social networks.

Authors uploaded the revised manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.