

# Comparison of the Effectiveness of Life Skills Training and Mindfulness Skills on Risky Behaviors and Psychopathological Symptoms in Female High School Students of Varamin

Masoomeh. Larni<sup>1</sup>, Nemat. Sotoudeh Asl<sup>2\*</sup>, Faezeh. Jahan<sup>3</sup>, Hassan. Asadzadeh<sup>4</sup>

<sup>1</sup> PhD Student in General Psychology, Department of Psychology, Semnan Branch, Islamic Azad University, Semnan, Iran

<sup>2</sup> Associate Professor, Department of Psychology, Semnan Branch, Islamic Azad University, Semnan, Iran

<sup>3</sup> Assistant Professor, Department of Psychology, Semnan Branch, Islamic Azad University, Semnan, Iran


<sup>4</sup> Professor, Department of Educational Psychology, Allameh Tabataba'i University, Tehran, Iran


\* Corresponding author email address: sotodeh1@yahoo.com

## Editor

Abolfazl Karami<sup>1</sup>  
Associate Professor, Department of  
Psychology, Allameh Tabataba'i  
University, Tehran, Iran  
abolfazlkarami1@gmail.com

## Reviewers

**Reviewer 1:** Hooman Namvar<sup>1</sup>  
Assistant Professor, Department of Psychology, Saveh Branch, Islamic Azad  
University, Saveh, Iran. Email: hnamvar@iau-saveh.ac.ir

**Reviewer 2:** Elham Azarakhsh<sup>1</sup>  
Department of Psychology, Islamic Azad University, Qom Branch, Qom, Iran.  
Email: elhamazarakhsh@qom.iau.ac.ir

## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

In the sentence, "Adolescence is a period of emotional, physical, and social changes, as well as a time for exploration, self-reliance, self-control, independent decision-making, and choice," consider refining the sentence for clarity. The enumeration of characteristics (e.g., "exploration, self-reliance, self-control") could be more fluid. Also, you might want to cite more recent studies that reflect contemporary perspectives on adolescence. For example, a more recent study could provide additional context to these well-established claims.

The sentence, "In his study, Asadzadeh (2021) found a strong, positive, and significant relationship between life skills, resilience, and the mental health of students," should clarify the nature of the study. Was it experimental, observational, or correlational? Additionally, a brief explanation of how resilience was measured would add depth to the discussion.

The study's sampling method is described as "multistage cluster sampling." It would be helpful to provide more detail about how clusters were defined, how many clusters were selected, and the rationale for choosing this method. This would strengthen the transparency and reproducibility of your research.

While the power analysis via GPower is mentioned, it is important to include more detail about the specific parameters used in the analysis (e.g., effect size, alpha level, power). This will help readers assess the robustness of the study design.

The inclusion criteria are described as "female students aged 16 and older, currently enrolled in high school." It would be beneficial to elaborate on exclusion criteria if any were used, such as students with existing mental health conditions or those undergoing other types of interventions.

Authors uploaded the revised manuscript.

## 1.2. Reviewer 2

Reviewer:

The statement, "In Iran, approximately 13% of students in grades 8 through 11 are at risk of drug abuse" (Malekshahi & Momen Nasab, 2007), is a very specific data point, but the source is outdated. Given the significance of this statistic, it would be important to update the reference with more recent statistics on adolescent risky behaviors in Iran, if available.

The statement "Common risky behaviors among adolescents and the subsequent psychopathological symptoms are often harmful ways adolescents attempt to escape pain or anxiety" could benefit from additional nuance. Risky behaviors are indeed linked to psychological distress, but it would be helpful to cite studies that delve into the underlying mechanisms, such as self-regulation or coping strategies.

While the citation for life skills education (e.g., WHO, 2014) is relevant, there is a lack of coherence in the way the citations are presented in the paragraph. It would be more effective to group studies that share similar conclusions together, rather than scattered citations, and to ensure all references are current.

The sentence, "Life skills are abilities that lead to the promotion of mental and emotional health, the enrichment of human relationships, and the enhancement of appropriate social behaviors" is quite general. It would benefit from specific examples of life skills that are particularly effective in preventing risky behaviors. For instance, which particular life skills (e.g., decision-making, stress management) have been shown to reduce risky behavior in adolescents?

In the discussion section, the sentence "There is a direct relationship between the tendency toward risky behaviors and psychopathological symptoms" is broad and does not acknowledge potential moderating or mediating factors. It would be helpful to include more nuance, such as acknowledging the role of personality traits or socio-environmental factors.

The statement "life skills training and mindfulness skills, especially those related to managing emotions, stress, social, and communication skills, provide a foundation for enhancing both mental and physical health" lacks specificity. It would be valuable to elaborate on which specific life skills or mindfulness practices have been shown to have the most profound impact on adolescent mental health.

In the sentence, "the more individuals engage in risky behaviors, the higher the likelihood of experiencing psychopathological symptoms," it would be important to specify whether this refers to a correlation or causal relationship, as this distinction is critical in psychological research.

Authors uploaded the revised manuscript.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.