



The Relationship Between Ambivalence in Emotional Expression and Impulsivity with the Mediation of Self-Control in Adolescent Students with Depression Disorder


Saeed. Zanjanchi Nikoo¹, Ali. Farahani^{2*}

¹ Master's Degree in General Psychology, Raja Non-Profit University, Qazvin, Iran



² Assistant Professor and Faculty Member, Department of Psychology, Raja Non-Profit University, Qazvin, Iran

* Corresponding author email address: alifarahani23@gmail.com

Editor

John S. Carlson
Distinguished Professor of the
Department of Educational
Psychology, Michigan State
University, East Lansing, MI,
United
carlsoj@msu.edu

Reviewers

Reviewer 1: Mohammadreza Zarbakhsh Bahri
Associate Professor (Department of Psychology, Tonekabon Branch, Islamic Azad
University, Tonekabon, Iran. Email: M.Zarbakhsh@Toniau.ac.ir
Reviewer 2: Seyed Ali Darbani
Assistant Professor, Department of Psychology and Counseling, South Tehran
Branch, Islamic Azad University, Tehran, Iran.
Email: Ali.darbani@iau.ac.ir

1. Round 1

1.1. Reviewer 1

Reviewer:

"Adolescents with depression disorder (depression is an unpleasant mood state associated with a series of detrimental symptoms, including sadness, hopelessness, numbness, and disinterest in all life activities, along with avoidance of addressing these symptoms, which significantly disrupt psychological and functional efficiency across various life dimensions; Zhang et al., 2023) face numerous psychological tensions, among which a high level of impulsivity can be noted (Spicer et al., 2023)."

The definition of impulsivity is helpful, but it would benefit from a more nuanced explanation, especially in relation to depression. How does impulsivity manifest differently in adolescents with depression compared to other populations? A more specific focus could be added, potentially with additional references that discuss impulsivity in the context of depression.

"Individuals with impulsive tendencies typically act hastily, lack foresight, do not persist in deliberation or focus, fail to assess consequences, and engage in destructive behaviors merely to achieve a specific advantage (Kopetz et al., 2018)."

This is a strong statement, but it would be clearer if you defined what specific "destructive behaviors" are being referred to. Are these behaviors limited to self-destructive actions, or do they extend to social and academic impacts as well? Providing examples or further elaboration would strengthen this point.

The reference to "structural dysfunction" could be more specific. What exactly does "structural dysfunction" refer to in the context of depression and impulsivity? It would be helpful to provide a clearer explanation or specify whether this refers to neurological, psychological, or social dysfunctions.

"Theoretical and empirical evidence suggests that patients with depression disorder exhibit high levels of impulsivity, with impulsive behaviors and emotions being more pronounced due to the physical and environmental suffering they endure (Changizian, 2023)."

This statement could be more tightly integrated with the previous discussion of emotional ambivalence. Consider elaborating on how this theoretical framework specifically links to impulsivity and depression. How does emotional processing differ between adolescents with depression and those without?

"Emotional ambivalence refers to experiencing a combination of positive and negative emotions about emotional experiences and expression (Jalali-Kandlous, 2023)."

Authors uploaded the revised manuscript.

1.2. Reviewer 2

Reviewer:

This sentence introduces the concept of depression and its impact on adolescents, but the definition of depression could be more concise. Consider breaking the sentence into two to enhance readability. Also, it would be useful to cite more diverse sources beyond Zhang et al. (2023) to give a broader perspective on the definition of depression.

"Impulsivity encompasses a range of destructive and harmful behaviors exhibited without sufficient thought or delay, usually carried out to attain a specific reward, leading to negative outcomes across various areas (Grant & Chamberlain, 2018)."

"Various causes and factors, such as interactions with impulsive individuals, deviant peers, abusive family interactions, experiences of domestic violence, lack of emotional-social support, substance and alcohol abuse, personality abnormalities, and psychological distress, play a role in the formation and exacerbation of impulsivity (Nabati, 2023)."

While this sentence lists several potential causes, it reads as somewhat exhaustive and disconnected. Consider narrowing the scope to the most relevant causes for adolescents with depression disorder, or alternatively, grouping these causes into broader categories for better clarity.

"This structural dysfunction may lead to physical harm to oneself or others, putting their physical well-being and capabilities at risk (Karimi, 2022)."

The term "physical and environmental suffering" could be more explicitly defined. What specific aspects of the environment or physical health are contributing to this suffering? More details would make this assertion more robust.

"Emotional ambivalence is assumed to result from individuals' unsuccessful attempts to express their emotions, leading to long lists of complaints and the magnification of insignificant details that do not usually trigger emotional responses."

This sentence introduces emotional ambivalence but would benefit from clearer examples of what "unsuccessful attempts" and "long lists of complaints" entail. How does emotional ambivalence differ from other emotional patterns like emotional suppression or expressivity? Provide further clarification here.

"Recent psychological studies indicate that emotion can influence both the process of thinking (how we process social information) and the content of thoughts, judgments, and behaviors (our ways of thinking and acting), thereby affecting human health (Lindsay, 2019)."

Emotional ambivalence is defined, but the phrase "experiencing a combination of positive and negative emotions" could be more precise. Is this about conflicting emotions at the same time, or a repeated cycle of fluctuating emotions? Clarify the nature of this ambivalence for better understanding.

"They believe that expressing or not expressing emotions can be healthy, but emotional ambivalence in expression leads to illness (Ebrahimi & Abed, 2015)."

The phrase "expressing or not expressing emotions can be healthy" is vague. Are you suggesting that emotional suppression or expression is beneficial depending on the context? Clarifying this and specifying how emotional ambivalence differs from other forms of emotional regulation would add depth.

Authors uploaded the revised manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.