

Effectiveness of Cognitive–Behavioral Therapy on Weight Management, Dietary Adherence, and Anger Control in Overweight Students

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E d i t o r	R e v i e w e r s
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1. Round 1

1.1. Reviewer 1

Reviewer:

In Interventions, the description “The experimental group received ten 60-minute sessions of group-based cognitive–behavioral therapy based on Agha Harris’s (2022) model” lacks detail about therapist training, adherence monitoring, and fidelity checks. Including these would enhance methodological rigor.

In Table 1, the posttest total anger control mean for the experimental group (144.27) is almost equal to the control group (143.07), yet the text claims “significant differences”. This numerical similarity calls for verification of calculation accuracy or clarification of the scoring direction (higher = better control?).

The Discussion begins with “Participants who received CBT showed greater reductions in BMI...”, but BMI results were not statistically reported in the Findings section. Either add BMI data or remove the claim.

In Limitations, expand the point “the follow-up period was limited...” by suggesting an ideal follow-up duration (e.g., 3–6 months) to assess maintenance of weight management and emotion regulation gains.

Authors uploaded the revised manuscript.

1.2. Reviewer 2

Reviewer:

There is no mention in Methods of what the control group did during the intervention period. Indicate whether they received no treatment, a placebo activity, or standard counseling, as this affects interpretation of effect sizes.

The article should clarify in Data Analysis when posttests were administered relative to the final CBT session (e.g., immediately after or following a delay). This distinction impacts the evaluation of short-term versus sustained effects.

In Findings, Table 3 reports $F = 57.418$ with $p = .001$ and $\eta^2 = .699$. However, degrees of freedom are inconsistent across tables (e.g., “ $df = 2$ ” for both model and error). Recheck ANOVA/ANCOVA tables for correct degrees of freedom reporting.

When noting “The integration of emotional and behavioral training is particularly beneficial in adolescence...” the authors should relate this to developmental theories (e.g., self-regulation development, Erikson’s identity stage) to contextualize findings within adolescent psychology.

Several citations (e.g., Khatibi 2022 and 2023) are referenced with nearly identical findings. Consider consolidating repetitive evidence to streamline the Discussion and maintain focus on unique contributions.

Because participants were Iranian adolescents from Mashhad, cultural aspects influencing body image and emotion regulation should be discussed. This would increase ecological validity and highlight contextual relevance.

The study does not control for external variables such as diet type, parental influence, or socioeconomic status. Acknowledge in Limitations that these could affect dietary adherence and anger control outcomes.

Authors uploaded the revised manuscript.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.