




The Effectiveness of Emotion Regulation Training on Frustration Tolerance and Executive Functions in Adolescents of Tehran City

Zahra. Etaati¹, Nowzar. Ghorbani², Shahin. Alipanah³, Nazanin. Haghighat Bayan^{4*}, Sara. Rezaei⁵

¹ Department of Industrial and Organizational Psychology, To.C., Islamic Azad University, Tonekabon, Iran

² Department of Clinical Psychology, SR.C., Islamic Azad University, Sanandaj, Iran


³ Department of Psychology, General Psychology, Allameh Tabataba'i University, Tehran, Iran

⁴ Department of Clinical Psychology, Ro.C., Islamic Azad University, Tehran, Iran

⁵ Department of General Psychology, Ayandegan University, Tonekabon, Iran

* Corresponding author email address: nazanin_haghighatbayan@yahoo.com


Editor

Ahmad Amani¹
Associate Professor, Counseling
Department, University of
Kurdistan, Sanandaj, Iran
a.amani@uok.ac.ir

Reviewers

Reviewer 1: Mehdi Rostami¹
Department of Psychology and Counseling, KMAN Research Institute, Richmond
Hill, Ontario, Canada.

Email: dr.mrostami@kmanresce.ca

Reviewer 2: Sara Nejatifar¹
Department of Psychology and Education of People with Special Needs, Faculty of
Educational Sciences and Psychology, University of Isfahan, Isfahan, Iran.

Email: s.nejatifar@edu.ui.ac.ir

1. Round 1

1.1. Reviewer 1

Reviewer:

The sentence “Effective emotion regulation requires both top-down cognitive control and bottom-up emotional awareness...” is theoretically strong, yet lacks linkage to the study’s dependent variables. Suggest integrating how this dual process directly relates to frustration tolerance.

The authors list “absence of severe psychological disorders such as depression or bipolar disorder.” Please specify the screening tool or diagnostic interview used to verify these exclusions.

The authors report $\alpha = .91$, which is strong, but they should include evidence of construct validity in Iranian samples (e.g., confirmatory factor analysis results or correlations with related constructs).

When citing “By strengthening prefrontal executive networks...”, the authors make a neurobiological inference without neural data. Revise this as a theoretical implication rather than an empirical claim to avoid overgeneralization.

Authors uploaded the revised manuscript.

1.2. Reviewer 2

Reviewer:

The neurocognitive explanation (*“The prefrontal cortex, anterior cingulate cortex, and amygdala are among the primary neural systems...””) should include recent meta-analytic evidence (2023–2025) to substantiate neural overlap between ER and EF.

The authors mention that “frustration is one of the most emotionally charged states in adolescence...” but should clarify whether “frustration tolerance” is conceptualized as a cognitive, emotional, or behavioral construct and how it differs from “emotion regulation.”

The authors describe psychometric properties but not which scoring indices (e.g., categories completed, perseverative errors) were analyzed. Indicate which specific WCST parameters operationalized “executive function.”

The phrase “These findings provide empirical evidence supporting the view that targeted interventions...” could be strengthened by comparing the current outcomes quantitatively with previous ER intervention studies (e.g., mean change differences).

Authors uploaded the revised manuscript.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.