KMAN PUBLISHING INSTITUTE
Journal Website

Article history:
Received 28 July 2025
Revised 08 November 2025
Accepted 13 November 2025
Initial Published 17 November 2025
Final Publication 10 December 2025

Journal of Adolescent and Youth Psychological Studies

Open peer-review report

E-ISSN: 2981-2526

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

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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 α = .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.

JAYPS Adolescent and Youth Psychological Studies
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