

## Exploring the Predictive Relationship between Mental Toughness and Subjective Well-Being: A Quantitative Analysis

Mmohamad. Parsaiezhadeh<sup>1</sup>, Mojtaba. Shahbazimoghadam<sup>\*2</sup>, Mansour. Derakhshande<sup>3</sup>, Mahdi. Namjoo<sup>4</sup>

<sup>1</sup> Master's degree, Department of Educational Sciences, Shahid Rajaei University of Education, Tehran, Iran.

<sup>2</sup> Master's Degree, Family Counseling Department, Marodasht Branch, Islamic Azad University, Marodasht, Iran

<sup>3</sup> Master's degree, Department of Educational Psychology, Yasouj University, Yasouj, Iran.

<sup>4</sup> Department of Educational Sciences, Payam Noor University, Margon Branch, Margon, Iran.

\* Corresponding author email address: shhbazymqdmmtby@gmail.com

### Editor

Zabih Pirani<sup>id</sup>  
Department of Psychology, Faculty  
of Humanities, Islamic Azad  
University of Arak, Arak, Iran.  
Email: z-pirani@iau-arak.ac.ir

### Reviewers

**Reviewer 1:** Seyed Hadi Seyed Alitabar<sup>id</sup>  
Department of Psychology and Counseling, KMAN Research Institute, Richmond  
Hill, Ontario, Canada. Email: hadialitabar@kmanresce.ca  
**Reviewer 2:** Hassan Heidari<sup>id</sup>  
Associate Professor, Consulting Department, Khomein Branch, Islamic Azad  
University, Khomein, Iran. Email: heidarihassan@khomeiniua.ac.ir

## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The choice of a cross-sectional design is appropriate for exploring associations, but the paper could benefit from discussing how future longitudinal studies might investigate causality. Additionally, while convenience sampling is practical, a more systematic approach could enhance representativeness.

The discussion effectively highlights the importance of mental toughness for subjective well-being. Expanding this section to compare findings with existing literature and discussing the theoretical and practical implications in more detail would enhance the paper's contribution.

The acknowledgment of limitations related to design and sampling is good. Further elaboration on how these limitations could affect the findings and specific recommendations for future research directions would strengthen the paper.

The conclusion succinctly summarizes the study's contributions. A stronger emphasis on actionable insights and the broader impact of the research on mental health practices would provide a compelling close to the paper.

Authors revised the manuscript and uploaded the document.

### *1.2. Reviewer 2*

Reviewer:

The utilization of MTQ48 and SWLS is well justified, but the paper could further explore potential biases in self-report measures and consider incorporating objective assessments of mental toughness and well-being.

The analysis robustly confirms the predictive relationship, yet exploring additional analytical models, such as mediation or moderation analyses, could provide deeper insights into the mechanisms underlying the relationship between mental toughness and well-being.

The paper hints at the potential for mental toughness interventions. Providing detailed examples of such interventions and discussing how they could be implemented in various settings (e.g., educational, clinical) would be valuable for readers.

Authors revised the manuscript and uploaded the document.

## **2. Revised**

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.