




## Enhancing Parental Warmth and Reducing Family Stress: Effectiveness of the Family Empowerment Workshop


Ayşe. Şahin<sup>1</sup>, Dilek. Soylu<sup>1\*</sup>, Mehdi. Ghezelseflo<sup>2</sup>

<sup>1</sup> Manavgat Faculty of Social and Human Sciences, Akdeniz University, Antalya, Turkey



<sup>2</sup> Assistant Professor, Department of Psychology, Faculty of Humanities, Gonbad Kavos University, Gonbad Kavos, Iran

\* Corresponding author email address: dileksoylu@akdeniz.edu.tr

### Editor

Zahra Yousefi<sup>1</sup>  
Assistant Professor, Department of  
Psychology, Isfahan Branch  
(Khorasgan), Islamic Azad  
University, Isfahan, Iran  
Z.yousefi1393@khuisf.ac.ir

### Reviewers

**Reviewer 1:** Amos Magut<sup>1</sup>  
Department of Psychology, Kisii University, Kenya. magut@kisiuniversity.ac.ke  
**Reviewer 2:** Mansour Abdi<sup>1</sup>  
Associate Professor, Department of Psychology, Arak University, Iran.  
m.abdi@arak.ac.ir

## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

Quote: "The study employed a randomized controlled trial design with 30 participants divided into intervention (n=15) and control (n=15) groups."

Comment: The sample size is relatively small for a randomized controlled trial. Consider discussing the potential limitations this might impose on the generalizability of the findings in the limitations section.

Quote: "Data were analyzed using repeated measures ANOVA and Bonferroni post-hoc tests."

Comment: While the statistical methods are appropriate, it would be beneficial to include a brief mention of the assumptions tested and how they were addressed to ensure the validity of these methods.

Quote: "Parental warmth characterized by affection support and positive communication is associated with numerous positive outcomes."

Comment: This section would benefit from more recent references to strengthen the argument. Consider including studies published within the last five years to provide updated evidence.

Quote: "Participants were recruited from community centers and local schools through flyers and social media advertisements."

Comment: Provide additional details on the recruitment process, such as the specific demographics of the communities targeted and the response rate, to better understand the sample's representativeness.

Quote: "Parental warmth and family stress were measured using the Parental Acceptance-Rejection Questionnaire (PARQ) and the Family Environment Scale (FES)."

Comment: Include a brief rationale for choosing these specific instruments over others available in the field. Discuss their psychometric properties in more detail.

Quote: "The control group did not receive any intervention but was provided with access to the workshop materials after the study concluded."

Comment: This delayed intervention approach is sound, but discuss any ethical considerations and how the delay might affect the study's outcomes or the participants' behavior.

Quote: "The reduction in family stress among participants in the intervention group is consistent with the theoretical underpinnings of family systems theory and ecological systems theory."

Comment: Expand on how specific components of the intervention, such as stress management techniques, were particularly effective, possibly including qualitative feedback from participants.

Authors revised the manuscripts and uploaded the new document.

## 1.2. Reviewer 2

Reviewer:

Quote: "High levels of family stress can diminish parents' capacity to provide warmth while a warm and supportive family environment can buffer the negative effects of stress."

Comment: Clarify the bidirectional nature of the relationship between parental warmth and family stress with specific examples or mechanisms from the literature to enhance the reader's understanding.

Quote: "Attachment theory posits that warm responsive parenting fosters secure attachment which is crucial for healthy emotional and social development."

Comment: The theoretical framework is well-introduced, but it might be helpful to succinctly connect each theory directly to the intervention components for clearer justification of the workshop's structure.

Quote: "The intervention group showed significant improvements in parental warmth increasing from a mean of 60.43 (SD = 8.12) at pre-intervention to 75.34 (SD = 7.55) post-intervention and 72.65 (SD = 7.89) at follow-up."

Comment: Include effect sizes along with the significance levels to provide a better understanding of the magnitude of the intervention's impact.

Quote: "Repeated measures ANOVA indicated significant effects for time and group on both parental warmth ( $F(2, 56) = 39.75, p < .001$ ) and family stress ( $F(2, 56) = 52.88, p < .001$ )."

Comment: Given the repeated measures design, consider discussing any potential issues with sphericity and how these were addressed, such as the use of Greenhouse-Geisser correction.

Quote: "The significant increase in parental warmth observed in the intervention group aligns with previous studies that emphasize the importance of parental warmth for child development."

Comment: Strengthen the discussion by comparing your findings in more detail with specific studies, particularly focusing on how your intervention's structure may have contributed to these results.

Quote: "The four-month follow-up data revealed that the improvements in parental warmth and reductions in family stress were sustained."

Comment: Discuss potential reasons for the sustained effects and whether any booster sessions or follow-up support was provided, or could be beneficial in future implementations.

Quote: "The findings from this study have the potential to inform the development of family interventions that are both effective and sustainable."

Comment: Elaborate on specific practical implications for practitioners and policy makers. How can these findings be translated into actionable steps in real-world settings?

Authors revised the manuscripts and uploaded the new document.

## 2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.