

# Interpersonal Reconstructive Therapy: Improving Empathy and Conflict Resolution in Parents of Children with Autism


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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The statement "The prevalence of autism spectrum disorder (ASD) has increased significantly over the past few decades" should be supported by more recent and specific epidemiological data or references to substantiate this claim.

Provide more detailed context on the specific challenges parents face, including any sociocultural factors that might affect their experiences. This could enrich the background section.

Specify the criteria used to determine statistical significance in the ANOVA and post-hoc tests. For example, mention the alpha level used (e.g.,  $p < 0.05$ ).

Ensure the table includes confidence intervals for the mean scores, which provide more insight into the precision of the estimates.

The statement "The descriptive statistics in Table 1 indicate that the intervention group showed notable improvements" could be enhanced by discussing effect sizes, which help to understand the practical significance of the results.

When discussing the ANOVA results, provide a brief explanation of what the  $\eta^2$  values represent to enhance clarity for readers who may not be familiar with this measure of effect size.

It would be helpful to include a footnote explaining the abbreviations (e.g., df, F,  $\eta^2$ ) used in the ANOVA results table for the benefit of all readers.

The discussion on empathy improvements should reference specific components of IRT that are most effective in enhancing empathy, linking back to the intervention description.

Authors revised the manuscript and uploaded the document.

### 1.2. Reviewer 2

Reviewer:

The sentence "Empathy plays a critical role in the parent-child relationship" would benefit from additional references to recent studies that specifically explore this role in families with autistic children.

Provide more information on the validity and reliability of the Conflict Resolution Styles Inventory (CRSI) in the context of parents of autistic children.

The description of "self-awareness and emotional regulation" techniques could be expanded to include specific examples of exercises or activities used during the session.

Include a rationale for why certain conflict resolution styles were chosen as a focus over others, and how these styles are particularly relevant to parents of autistic children.

Discuss potential mechanisms by which improved conflict resolution skills contribute to better family dynamics, providing more detail on how these skills are applied in daily parenting.

Address the limitation of self-report measures in more depth, suggesting possible strategies for mitigating bias in future research (e.g., incorporating observational methods).

Authors revised the manuscript and uploaded the document.

## 2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.