


Effectiveness of Exposure Therapy on Life Satisfaction and Cognitive Flexibility in Adults with ADHD

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E d i t o r

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R e v i e w e r s

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1. Round 1

1.1. Reviewer 1

Reviewer:

The Satisfaction with Life Scale (SWLS) and Cognitive Flexibility Inventory (CFI) are well-established tools, but were any ADHD-specific cognitive measures considered? Including an ADHD-specific measure could enhance the study's relevance to the disorder.

The eight-session exposure therapy intervention is described in detail, but was treatment fidelity assessed? How was therapist adherence to the protocol ensured? Including this information would help validate the intervention's effectiveness.

The study claims "sustained benefits observed at follow-up." However, were any booster sessions or post-intervention support offered? Discussing whether the effects could be maintained beyond five months would be valuable.

The study used repeated-measures ANOVA, but were assumptions (e.g., normality, sphericity) checked? While Mauchly's test is mentioned, a discussion of how violations were handled would be beneficial.

The study reports that "58.33% of participants were male and 41.67% were female." Given that ADHD symptoms and treatment responses differ by gender, were gender-based analyses conducted? If not, discuss whether gender differences could have influenced the results.

The study states, "These findings align with previous research highlighting the role of exposure-based interventions in promoting adaptive cognitive and emotional functioning in clinical populations (Hecker et al., 2024)." However, consider a more critical comparison—do these findings challenge or extend prior research? Are there any discrepancies?

The study primarily focuses on behavioral outcomes but does not discuss underlying neurobiological mechanisms. How might exposure therapy influence executive function or neural plasticity in adults with ADHD? Including insights from neuroimaging or cognitive neuroscience literature would strengthen the theoretical grounding.

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

The study states, "The present study aims to address this gap by investigating the effectiveness of exposure therapy in enhancing life satisfaction and cognitive flexibility in adults with ADHD." However, the research aim could be more clearly defined by specifying the expected contributions to the field and how it differs from previous studies. Consider elaborating on the theoretical contributions of exposure therapy beyond symptom reduction.

The statement, "Exposure therapy has been widely studied for its impact on reducing avoidance behaviors and enhancing adaptive coping (Kaur et al., 2024)," is well-supported, but the paper lacks a deeper discussion on why exposure therapy is specifically beneficial for ADHD. Since exposure therapy is traditionally used for anxiety disorders, a justification for its use in ADHD treatment should be added.

The ANOVA results show significance ($p < 0.001$), but effect sizes (η^2) are not consistently reported. Including effect sizes would provide a better understanding of the intervention's practical impact.

The post-hoc results suggest a slight decline in life satisfaction and cognitive flexibility at follow-up. Can this be attributed to the absence of ongoing exposure practice? Discuss potential explanations for this pattern.

The control group had a slight, non-significant improvement in life satisfaction. Could this be due to a placebo effect, natural maturation, or external influences? Including a discussion on potential alternative explanations would enhance the study's validity.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.