

# The Role of Family Therapy in Managing Adolescent Conduct Disorder

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

"Adolescent conduct disorder (CD) is a prevalent and challenging mental health condition characterized by persistent patterns of antisocial aggressive and defiant behaviors (Donohue & Azrin 2002)." - Consider adding more recent references to support the prevalence and challenging nature of CD to ensure the information is up-to-date.

"This is particularly important for adolescents with conduct disorder who may have difficulty recognizing and regulating their emotions (Maya 2023)." - It would be beneficial to include a brief discussion of the mechanisms through which family therapy helps adolescents regulate their emotions.

"Behavioral improvements included reduced aggression and better compliance with rules (Donohue & Azrin 2002; Norhan & Adel 2019)." - Provide more detail on the specific behavioral interventions used in family therapy that contribute to these improvements.

"Data were collected through semi-structured interviews." - Provide the interview guide or a summary of the core questions used during the interviews to give more insight into the data collection process.

"Category: Improved Communication - Active listening Open dialogue Reduced conflicts." - Consider presenting a detailed example from the data to illustrate how these communication improvements manifested in the participants' experiences.

"Resistance to therapy was a common challenge. Some participants initially denied having issues lacked motivation or feared judgment." - Discuss the strategies used to overcome this resistance and engage families in the therapy process.

Response: Revised and uploaded the manuscript.

### 1.2. Reviewer 2

Reviewer:

"Family therapy involves the participation of family members in the therapeutic process to address dysfunctional dynamics and improve relationships (Carr 2014)." - Please provide more detail on how family therapy addresses specific dysfunctional dynamics commonly found in families dealing with adolescent CD.

"Improved communication can lead to reduced conflicts better problem-solving abilities and a more cohesive family environment (Carr 2016)." - This statement would benefit from a specific example or case study to illustrate how improved communication concretely benefits families.

"Mutual support and shared activities during therapy sessions can foster a sense of unity and belonging among family members (Bayles et al. 2014)." - Expand on the types of shared activities that are most effective in promoting family cohesion.

"Improved communication emerged as a key benefit of family therapy." - Summarize how the findings from this study compare with previous research on the topic, highlighting any novel insights or confirmations of existing knowledge.

"The study also highlighted the enhancement of family cohesion through mutual support and shared activities." - Discuss any limitations in the study design that might affect the validity of this finding, such as the small sample size or potential biases in self-reported data.

"Emotional understanding was another prominent theme with participants reporting increased empathy and emotional expression." - Consider exploring whether certain family structures or dynamics (e.g., single-parent families vs. two-parent families) influenced the effectiveness of therapy in fostering emotional understanding.

Response: Revised and uploaded the manuscript.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.