

# Impact of Emotion Regulation Training on Reducing Vicarious Trauma and Cynicism: A Randomized Controlled Trial

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The definition of vicarious trauma is well-articulated. However, the statement "symptoms similar to post-traumatic stress disorder (PTSD) including intrusive thoughts emotional numbness and hyperarousal" would benefit from a citation. Please provide references for these specific symptoms.

The description of the participants is clear. However, it would be beneficial to include more details about the recruitment process. How were the participants recruited, and what criteria were used to ensure they were regularly exposed to secondary trauma?

The measures section mentions the Vicarious Trauma Scale (VTS) and Cynicism Scale from the Maslach Burnout Inventory (MBI). Please include information about the reliability and validity of these scales specifically in the context of this study's sample.

The use of ANOVA with repeated measurements is appropriate. However, it would be beneficial to include the effect sizes (e.g., partial eta squared) for the main effects and interactions to provide more context on the magnitude of the observed effects.

The results section provides mean and standard deviation. Adding confidence intervals for the mean values would help to understand the precision of the estimates.

The ANOVA table is comprehensive. However, it would be clearer to report the degrees of freedom for the error term (df error) as part of the table to make the results fully interpretable.

Response: Revised and uploaded the manuscript.

### 1.2. Reviewer 2

Reviewer:

The sentence "The prevalence of vicarious trauma and cynicism among professionals in trauma-exposed settings has been well-documented" should be supported by specific statistics or studies to quantify "well-documented". Please add references to strengthen this claim.

The examples of studies demonstrating the effectiveness of emotion regulation training are useful. However, integrating more recent studies within the past five years would enhance the relevance of the literature review.

The pre-intervention assessments are mentioned. Please specify what these assessments included and how they were conducted. Were they self-reported measures, clinical interviews, or other forms of assessments?

The session on cognitive reappraisal is well-detailed. Consider including an example of a real-life scenario used during the session for reappraisal practice. This will provide clearer insight into the practical applications of the training.

The Bonferroni post-hoc test results are informative. For greater clarity, consider including a brief explanation of why Bonferroni correction was chosen over other post-hoc tests like Tukey's HSD.

The discussion effectively ties the results to existing literature. However, the sentence "The significant reduction in vicarious trauma among participants who received emotion regulation training supports the hypothesis" could be strengthened by directly comparing the results with those of specific previous studies.

Response: Revised and uploaded the manuscript.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.