

Reducing Anger and Enhancing Moral Engagement through Cognitive Functioning Workshops


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Reviewers

Reviewer 1: **Reviewer 2:** Eirini Karakasidou
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1. Round 1

1.1. Reviewer 1

Reviewer:

The statement "Cognitive functioning encompasses various mental processes including perception, memory, judgment, and reasoning..." would benefit from a more precise definition of cognitive functioning. Including references to seminal works or meta-analyses in cognitive psychology could strengthen this section.

The claim that "chronic anger is associated with numerous health issues including hypertension, cardiovascular diseases, and mental health disorders..." should be supported with specific studies or meta-analyses that quantify these associations.

While mindfulness and relaxation techniques are mentioned, it would be beneficial to detail which specific techniques were used (e.g., body scan, loving-kindness meditation) and provide a rationale for their selection.

The description of the State-Trait Anger Expression Inventory-2 (STAXI-2) could be enhanced by including its psychometric properties, such as reliability coefficients (e.g., Cronbach's alpha) and validity evidence from previous studies.

The results section would benefit from a more detailed explanation of the assumptions checked for ANOVA, including how the assumptions of normality, homogeneity of variances, and sphericity were specifically tested and met.

Including effect sizes (e.g., Cohen's d) for the ANOVA results would provide a better understanding of the magnitude of the intervention effects, which is crucial for evaluating practical significance.

The presentation of the Bonferroni post-hoc test results should include confidence intervals for the mean differences to provide a more comprehensive picture of the data.

The discussion begins with a strong statement about the effectiveness of the workshops. To balance this, it should also acknowledge any limitations or potential biases that could affect the interpretation of the results.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

The concept of moral disengagement is well introduced, but the paragraph could be improved by detailing how each mechanism of moral disengagement (e.g., moral justification, euphemistic labeling) specifically contributes to unethical behavior, with examples from relevant research.

The inclusion and exclusion criteria are mentioned but lack detail on the rationale behind these choices. Clarifying why individuals undergoing psychotherapy or on psychotropic medications were excluded would add to the transparency and reproducibility of the study.

The section on cognitive restructuring could be expanded by providing examples of the specific irrational thoughts targeted and the strategies used to replace them with constructive alternatives.

Similarly, for the Moral Disengagement Scale (MDS), including psychometric data such as internal consistency, test-retest reliability, and validation studies would strengthen the methodological rigor.

The descriptive statistics table would be more informative if it included additional measures of central tendency (e.g., median) and variability (e.g., interquartile range), particularly if the data are not normally distributed.

The discussion on mindfulness practices would benefit from a deeper exploration of how mindfulness specifically affects the cognitive processes involved in anger and moral disengagement, supported by neurobiological or psychological research.

The statement "The sustained improvements observed at the three-month follow-up suggest that the cognitive functioning workshops have lasting effects..." should be supported with more detailed data analysis, perhaps including a discussion on the potential mechanisms for the sustainability of these effects.

Response: Revised and uploaded the manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.