




Health Consciousness and Distress Tolerance as Predictors of Rehabilitation Self-Efficacy

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1. Round 1

1.1. Reviewer 1

Reviewer:

"High rehabilitation self-efficacy is associated with better health outcomes and quicker recovery (Hartley et al. 2008)." It would be beneficial to include more recent references in addition to Hartley et al. (2008) to support this statement.

The claim that "Health-conscious individuals are more likely to adopt healthy behaviors and make informed health decisions (Andruliene & Urbonavičius 2023; Espinosa 2023)" could be strengthened by discussing the mechanisms through which health consciousness translates into these behaviors.

discuss how this might affect the results and the generalizability of the findings.

"Assumptions of normality linearity and homoscedasticity were checked and met before conducting the regression analysis." Specify which statistical tests were used to check these assumptions and provide their results to substantiate this statement.

The table headings in Table 1 could be more descriptive. For example, instead of "Variable," use "Measured Variable" and provide units of measurement where applicable.

"The regression model was significant $F(2, 214) = 65.41, p < 0.001$ indicating that Health Consciousness and Distress Tolerance jointly predict Rehabilitation Self-Efficacy." Including the effect sizes for each predictor would help in understanding the practical significance of these findings.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

The description of Bandura's Social Cognitive Theory could be expanded to include a brief explanation of how this theory has been applied in other health behavior studies, providing a broader context for its relevance.

The selection criteria using convenience sampling may introduce biases. Please discuss potential biases and limitations in the sampling method, and consider suggesting alternative sampling methods that could be used in future research.

"The RSES has demonstrated high reliability and validity in various studies with Cronbach's alpha coefficients exceeding 0.90 for all subscales indicating excellent internal consistency (Luszczynska & Sutton 2006; Parker et al. 2018)." Including the actual Cronbach's alpha coefficients for the sample used in this study would provide specific evidence of the scale's reliability in your context.

Clarify whether the Health Consciousness Scale (HCS) was validated in the specific population used in this study. If not,

The statement "Higher health consciousness likely enhances self-efficacy by increasing individuals' motivation and engagement in health-related activities" could be supported by including specific examples or mechanisms from the literature.

"Distress tolerance also emerged as a significant predictor of rehabilitation self-efficacy." Expand on this by discussing potential interventions that could improve distress tolerance and thereby enhance rehabilitation self-efficacy.

"Despite the valuable insights gained from this study several limitations need to be acknowledged." This paragraph would benefit from a more detailed discussion on how each limitation could potentially impact the study's findings and suggestions for mitigating these limitations in future research.

Response: Revised and uploaded the manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.