

Effectiveness of Trauma-Informed Art Therapy on Dissociation and Self-Esteem

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R e v i e w e r s

Reviewer 1: Masoud Asadi^{id}
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1. Round 1

1.1. Reviewer 1

Reviewer:

You state that “visual art-making allows for neuroplastic changes in areas associated with fear processing.” Please specify which brain regions are implicated and cite more direct neurobiological evidence to support this claim.

The statement “guided imagery and reflection” is vague. Please elaborate on what guided imagery protocol was used, whether it was standardized, and how trauma safety was maintained during this potentially evocative task.

The phrase “reexamination of both internalized negative beliefs and emerging self-concepts” needs further detail. Please explain how these constructs were processed within the session—was cognitive restructuring integrated?

The demographic profile is informative but could be enhanced by reporting trauma type and duration. This would allow for greater understanding of sample heterogeneity and generalizability.

“Participants reported that visual expression helped them articulate...” —was this based on a qualitative component? If not, consider reframing as an anecdotal observation or specifying how this data was collected.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

The statement “relatively few randomized controlled trials have specifically examined the combined impact...” is important. Consider citing additional RCTs that do exist (even if in partial domains), and clarify how your study uniquely contributes beyond previous research.

You mention that the RSES has “two sub-components,” but this is presented without further elaboration. Since the analysis does not examine these sub-components, consider omitting this detail or providing justification for mentioning it.

Please clarify whether any covariates were controlled for in the analysis, such as age or baseline symptom severity, which could impact the internal validity of findings.

The sentence “our results substantiate the claim that structured, creative activities can stimulate reconnection...” needs further explanation of the mechanisms by which art therapy fosters such reconnection. Consider referencing specific therapeutic mechanisms like dual awareness or aesthetic distance.

You cite studies from Turkey and South Africa to support cross-cultural generalizability. However, the Indonesian cultural context is not examined in detail. Please discuss how local cultural values, art forms, or stigma may have shaped intervention outcomes.

Response: Revised and uploaded the manuscript.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.