




# Identifying Coping Strategies in Parents of Children With Neurodevelopmental Disorders: A Qualitative Inquiry

James. Ma<sup>1</sup>, Seyed Alireza. Saadati<sup>\*1</sup>



<sup>1</sup> Rehabilitation Department, York Rehab Clinic, Toronto, Canada

\* Corresponding author email address: ar.saadati@yorkrehabclinic.ca

### Editor

Asoke Kumar Saha  
Professor Department of  
Psychology, Jagannath University,  
Dhaka, Bangladesh  
drasoke@psychology.jnu.ac.bd

### Reviewers

**Reviewer 1:** Farhad Namjoo  
Department of Psychology and Counseling, KMAN Research Institute, Richmond  
Hill, Ontario, Canada. Email: farhadnamjoo@kmanresce.ca  
**Reviewer 2:** Manijeh Daneshpour  
Department of Couple and Family therapy, Alliant International University,  
California, United States of America. mdaneshpour@alliant.edu

## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

In the sentence “Mothers, in particular, are frequently reported to experience intense emotional exhaustion and depressive symptoms...” provide a transition clarifying how this gender imbalance informed your decision to include both mothers and fathers in your sample.

The phrase “A purposive sampling strategy was employed to recruit participants...” should clarify how diversity was ensured (e.g., across socioeconomic status or ethnic background), since this strengthens transferability.

The table is rich, but some codes such as “Counting techniques” under “Building Patience” could be clarified (e.g., whether this refers to mindfulness or behavioral distraction). Provide more precise definitions for ambiguous codes.

The quotation “If I didn’t laugh at some of the things that happen, I would just cry all the time...” is illustrative but should be linked explicitly to the subtheme of reframing in the narrative to avoid leaving interpretation to readers.

In the section “Workplace Support”, only one quotation is included. Consider balancing this theme with additional examples, since workplace accommodations are highly relevant to policy recommendations.

The authors state “One of the most striking findings of this study was the emergence of personal growth as a major theme.” This claim would be stronger if tempered with caution that positive growth narratives may reflect coping biases or social desirability.

Response: Revised and uploaded the manuscript.

### 1.2. Reviewer 2

Reviewer:

The claim “Social isolation is also common, as families withdraw from community activities due to stigma or fear of judgment” would benefit from contextual examples in the Canadian setting, since stigma dynamics may differ from Middle Eastern contexts.

The phrase “Coping strategies are also shaped by cultural, social, and institutional contexts” is well written, but the paragraph could be tightened by separating cultural influences (religion, collectivism) from institutional ones (healthcare services, school policies).

The statement “Given these gaps, there is a need for qualitative inquiries...” should include a sentence explaining how your study specifically addresses fathers’ underrepresentation, since you note that gap earlier.

The phrase “This experience taught me patience and humility. It reshaped my values” is powerful. However, it would be valuable to contextualize whether this perception was more common among mothers or fathers.

The statement “Interestingly, the subtheme of self-compassion emerged strongly...” is insightful. Strengthen this by comparing to other qualitative studies that specifically report self-compassion, as current citations rely on expressive writing rather than self-compassion frameworks.

The sentence “The significance of workplace flexibility further demonstrates how structural support beyond the family context can shape parental adaptation” is well argued but could be enriched by referencing disability rights or labor policy frameworks in Canada.

## 2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.