

Comparison of the Effectiveness of Compassion-Based Therapy and Mentalization-Based Interventions on Perceived Stress and Psychological Well-Being in Workers with Job Burnout

Marzieh. Mahmoudi Beram¹, Mohammad. Ghasemi Pirbalouti^{2*}, Tayebbeh. Sharifi³

¹ PhD Student in General Psychology, Department of Psychology, ShK.C., Islamic Azad University, Shahrekord, Iran

² Assistant Professor, Department of General Psychology, Department of Psychology, ShK.C., Islamic Azad University, Shahrekord, Iran

³ Professor, Department of Psychology, ShK.C., Islamic Azad University, Shahrekord, Iran

* Corresponding author email address: Mgh@iau.ac.ir

Editor

Seyed Hamid Atashpour
Associate Professor, Department of Psychology, Isfahan (Khorasgan) Branch, Islamic Azad University, Isfahan,
hamidatashpour@gmail.com

Reviewers

Reviewer 1: Abolghasem Khoshkanesh
Assistant Professor, Counseling Department, Shahid Beheshti University, Tehran, Iran.
Email: akhoshkonesh@sbu.ac.ir
Reviewer 2: Masoud Asadi
Assistant Professor, Department of Psychology and Counseling, Arak University, Arak, Iran.
Email: m-asadi@araku.ac.ir

1. Round 1

1.1. Reviewer 1

Reviewer:

When the authors state, "Perceived stress plays a central role in the etiology and maintenance of job burnout," they should elaborate on how perceived stress interacts with individual differences such as coping style or resilience.

The aim sentence is clearly written, but the transition from theoretical context to empirical focus feels abrupt. Adding a bridging sentence would improve narrative flow.

The authors explain that "the minimum required sample size was estimated to be 30 participants per group...however, due to executive limitations, 60 participants were selected." This reduction should be accompanied by a discussion of the potential impact on statistical power.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

The claim that “employees experiencing burnout consistently report lower psychological well-being” is accurate but would be strengthened by distinguishing between eudaimonic and hedonic well-being, given that the current description focuses only on the former.

The authors list various occupational groups affected by burnout but do not justify why industrial workers were specifically chosen for this study. Including a rationale would enhance clarity and relevance.

In the sentence “traditional stress management programs...often focus primarily on symptom reduction,” the authors should briefly identify which evidence-based programs fall into this category to avoid overgeneralization.

The sentence “60 participants were purposively selected and then randomly assigned into three groups” requires clarification on how purposive screening may limit external validity.

Similarly, the compassion-based intervention is said to follow “the protocol of Germer and Neff (2019)” but specific elements (e.g., compassion meditation, compassionate imagery) are not mentioned, making the protocol description incomplete.

Although normality p-values are presented, the authors do not provide Shapiro–Wilk statistics or skewness/kurtosis indices. Including these would improve methodological rigor.

Response: Revised and uploaded the manuscript.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.