

# Comparison of the Effectiveness of Positive Thinking Training and Emotional Self-Regulation Training on Self-Compassion and Psychological Well-Being in Mothers of Children with Autism Spectrum Disorder

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

In the introduction, the opening paragraph beginning with “Mothers of children with Autism Spectrum Disorder (ASD) represent a population exposed to sustained psychological demands...” provides a strong rationale, but it lacks epidemiological grounding (e.g., prevalence rates or burden metrics). Including quantitative indicators would strengthen the justification and contextual positioning of the study within public health relevance.

In the methods section under “Study Design and Participants,” the phrase “60 mothers were selected through purposive sampling and were then randomly assigned...” raises concerns about potential sampling bias. The manuscript should clarify how representativeness was ensured and whether randomization procedures were adequately implemented and concealed.

In the same section, the description of inclusion criteria—“mothers whose children had previously been diagnosed with ASD by specialists”—does not specify diagnostic standards (e.g., DSM-5, ADOS). This omission affects the study’s diagnostic validity and should be clarified.

In the measures section, the paragraph describing the Psychological Well-Being Questionnaire includes extensive historical detail but lacks concise reporting of psychometric properties specifically within the current sample (e.g., Cronbach's alpha). The manuscript should report reliability indices for the present data.

In the description of the Self-Compassion Scale, the sentence "In the study by Shahbazi et al. (2015), a short 12-item version..." introduces an alternative version, yet it is unclear which version was ultimately used in this study. This ambiguity must be resolved to ensure measurement clarity.

Response: Revised and uploaded the manuscript.

## 1.2. Reviewer 2

Reviewer:

In the second paragraph of the introduction, the definition of self-compassion is conceptually sound; however, the sentence "Self-compassion... has been shown to play a significant role in reducing self-criticism..." would benefit from clearer operationalization of how self-compassion is measured in the current study, especially considering the later use of different versions of the scale.

In the paragraph discussing psychological well-being, the construct is described as multidimensional, yet the manuscript does not justify the use of the 18-item version of Ryff's scale over longer versions. The sentence "In the present study, the 18-item version was used..." requires methodological justification, particularly regarding psychometric adequacy and sensitivity.

In the section on positive thinking training, the sentence "Positive thinking training represents one such intervention..." presents the intervention in broad theoretical terms but lacks specificity regarding its theoretical model (e.g., CBT, optimism theory). Clarifying the theoretical underpinning would enhance conceptual rigor.

In the section on emotional self-regulation, the description beginning with "Emotional self-regulation involves the ability to monitor..." is comprehensive; however, the manuscript does not clearly distinguish between different models of emotion regulation (e.g., Gross's model vs. transdiagnostic approaches). This conceptual ambiguity should be addressed.

In the final paragraph of the introduction, the sentence "Therefore, the present study aimed to compare..." is appropriately formulated; however, the manuscript would benefit from explicitly stating research hypotheses (directional or non-directional), rather than only presenting a general aim.

Response: Revised and uploaded the manuscript.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.