




Effectiveness of Schema-Based Parenting on Emotion Regulation, Reflective Functioning, and the Parent-Child Relationship of Mothers with Children Under 6 Years Old

Reyhaneh. Karimnejad Isfahani¹, Mojtaba. Ansari Shahidi^{2*}, Akram. Dehghani³

¹ PhD student in psychology, Department of Psychology, Najaf Abad Branch, Islamic Azad University, Najaf Abad, Iran

² Department of Health Psychology, Faculty of Medicine, Najafabad Branch, Islamic Azad University, Najafabad, Iran

³ Assistant Professor, Department of Psychology, Najaf Abad Branch, Islamic Azad University, Najaf Abad, Iran

* Corresponding author email address: Mojtaba.ansari@phu.iaun.ac.ir

Editor

Parisa Nilforooshan^{id}
Professor of Psychology Associate
Professor, Counseling Department,
Faculty of Educational Sciences and
Psychology, Isfahan University,
Isfahan
p.nilforooshan@edu.ui.ac.ir

Reviewers

Reviewer 1: Farhad Namjoo^{id}
Department of Psychology and Counseling, KMAN Research Institute, Richmond
Hill, Ontario, Canada. Email: farhadnamjoo@kmanresce.ca
Reviewer 2: Manijeh Daneshpour^{id}
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:

"Studies have shown that the parent-child relationship is a vital factor for the psychological adjustment of children."

This sentence would benefit from specific examples or references to key studies to substantiate this claim.

"In fact, a mother's emotional care for the child provides a situation where the child feels that others love them and expects others to pay attention to them as a worthy individual."

This sentence needs clarification and citation. Consider rephrasing for clarity and providing empirical evidence to support this assertion.

"Fonagy et al. (1993) first defined reflective functioning as the ability to imagine mental states in oneself and others."

A more in-depth discussion of reflective functioning and its theoretical underpinnings would strengthen this section. Include more recent studies that have built on Fonagy et al.'s work.

"Since emotion is an inseparable part of every human's life, emotion regulation is one of the important variables, especially in the parent-child relationship."

This statement should be supported by specific examples of how emotion regulation impacts the parent-child relationship, referencing recent studies.

"For sampling purposes, kindergartens in Isfahan were purposefully selected and from among them, based on the cut-off point of questionnaires and inclusion and exclusion criteria, 30 participants were chosen."

Provide more detail on the inclusion and exclusion criteria used to select participants. Clarify how the cut-off points were determined.

"The training includes 12 sixty-minute sessions based on a program prepared and localized by Mehrabian et al. (2022)."

It would be helpful to provide a brief overview of the content and objectives of each session, as this would give readers a better understanding of the intervention.

"The results also indicate that the parent-child relationship scores in the schema-based parenting group did not significantly differ between the follow-up stage and the posttest stage ($p > 0.05$)."

This is an important finding. Discuss the implications of the stability of these results over time in more detail.

"These trainings, by providing tools for identifying and modifying maladaptive schemas, enable parents to become aware of their unconscious influences on parent-child relationships and move towards more constructive interactions."

This sentence would benefit from specific examples or case studies that illustrate how parents have applied these tools in practice.

"Strengthening reflective functioning through these trainings can help mothers better manage the stress of parenting and create a more constructive environment for their children's growth and development."

Provide more detail on how reflective functioning can be measured and improved through these trainings, referencing specific techniques or strategies.

"These results confirm that this approach can be used as an effective strategy in enhancing parental abilities and reducing psychological challenges for mothers during the parenting period."

This conclusion is strong, but it could be made even stronger by discussing the potential for scalability and adaptation of the program in different cultural contexts.

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

"Some of the negative effects include a high rate of psychological health problems of parents, mutual interactions of parents, bidirectional parent-child communication, and sibling relationships especially in children under 5 years old and even during elementary school (Mohajeri et al. 2013)."

This sentence is somewhat confusing and could be clarified. Consider breaking it into two sentences and elaborating on the specific psychological health problems mentioned.

"Finally, the collected data will be analyzed using SPSS software, employing descriptive statistics (mean, standard deviation, frequency, skewness, kurtosis) and inferential statistics (multivariate analysis of variance with repeated measures and post hoc tests, and mean comparisons)."

Specify which post hoc tests will be used and justify their selection. Also, consider explaining why these specific statistical methods were chosen.

"The results of Table 3 show that the reflective functioning scores in the schema-based parenting group were significantly higher in the posttest stage compared to the pretest stage ($p < 0.01$)."

Discuss the clinical significance of these findings. How do these statistical differences translate into practical improvements in parenting?



"Furthermore, strengthening reflective functioning through these trainings can help mothers better manage the stress of parenting and create a more constructive environment for their children's growth and development (Mehrabinia et al. 2022)."

Discuss potential limitations of the study, such as sample size, selection bias, and the generalizability of the findings to other populations.

"Therefore, schema-based parenting training is confirmed as an effective intervention for improving parental reflective functioning, which can positively impact the quality of parent-child relationships and the psychological health of families."

Consider including recommendations for future research to explore long-term effects and the potential for integrating schema-based parenting with other therapeutic approaches.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.