




The Impact of Coping Therapy on the Weight of Women with a Body Mass Index Over 30 Seeking Weight Loss

Sara. Jabalameli¹, Alireza. Aghayousefi^{2*}, Masoud. Gholamali Lavasani³

¹ PhD Student, Department of Counseling, Qom Branch, Islamic Azad University, Qom, Iran

² Associate Professor, Department of Psychology, Payame Noor University, Tehran, Iran



³ Associate Professor, Department of Psychology, University of Tehran, Iran

* Corresponding author email address: arayeh1100@gmail.com

Editor

Donatella Di Corrado
Associate Professor, Department of
psychology, Kore University of
Enna, Enna, Italy
donatella.dicorrado@unikore.it

Reviewers

Reviewer 1: Hajar Torkan
Assistant Professor, Department of Psychology, Islamic Azad University, Isfahan
(Khorasgan) Branch, Isfahan, Iran. h.torkan@khuisf.ac.ir
Reviewer 2: Farhad Namjoo
Department of Psychology and Counseling, KMAN Research Institute, Richmond
Hill, Ontario, Canada. Email: farhadnamjoo@kmanresce.ca

1. Round 1

1.1. Reviewer 1

Reviewer:

The sentence "It is projected that by 2030 the prevalence of obesity will reach 51%" could benefit from more recent or varied sources to substantiate this claim, particularly in different geographic regions. Also, consider including the basis of the projection.

It is mentioned that Levene's test was used to assess homogeneity of variances ($F = 1.12, p = 0.33$), but no power analysis was presented. A post-hoc power analysis would strengthen the interpretation of the results, ensuring that the study was not underpowered.

The discussion draws heavily on Lazarus and Folkman's (1984) coping theory, but more integration with modern theories or frameworks in health psychology, such as Acceptance and Commitment Therapy (ACT) or Cognitive Behavioral Therapy (CBT), would enhance the theoretical rigor of the argument.

The claim that "Coping mechanisms impact the cognitive system and information processing capacity freeing an individual from automatic negative thoughts" would benefit from direct evidence or studies explicitly supporting this mechanism.

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

When citing mood disorders such as depression and anxiety related to obesity, the source cited (Wang et al., 2019) seems limited. Additional more recent studies or meta-analyses on the association between obesity and mental health could strengthen the argument.

"No research explicitly focusing on therapeutic coping related to weight loss in women with a BMI over 30 was found..."—clarify whether this conclusion applies globally or just regionally. If global, it might require a deeper literature review as similar research may exist in other domains or regions.

The use of convenience and voluntary sampling methods raises concerns regarding potential sampling bias. It would be helpful to discuss the limitations of this approach and how it might affect the generalizability of the findings.

The detailed description of Yousefi's (2001) coping therapy protocol is informative, but the study could benefit from clarifying how coping therapy was adapted to a modern context or why this particular model was chosen over others.

The reduction in BMI between the pre-test and post-test seems significant, but further discussion on how factors like adherence, session participation rates, or external variables (e.g., diet, physical activity) were controlled would be beneficial to ensure reliability.

The limitation of a small sample size is acknowledged, but it could be beneficial to elaborate more on how this small sample size might have affected the statistical power and the generalization of findings to broader populations.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.