Psychology of Woman Journal

Open peer-review report

The Effectiveness of CBT on Perceived Social Support, Cultural Competence, and Financial Stress in Depressed Women

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1. Round 1

1.1. Reviewer 1

Reviewer:

The introduction presents a comprehensive overview of the factors influencing depression among women, but it would be beneficial to introduce a clearer research gap or statement of purpose. For instance, while the relationship between CBT, social support, and financial stress is mentioned, the paragraph does not explicitly articulate how this study will contribute to existing literature. Consider revising to clearly define the specific research question or hypothesis that the current study addresses.

The Perceived Social Support Scale (PSSS) is well-described, but it would be helpful to mention how cultural factors might influence the way participants respond to this scale. Since this study focuses on culturally diverse groups, a brief mention of any adaptation to the scale to better reflect the cultural context would be beneficial.

The APR Financial Stress Scale (FSS) is a valuable tool for this study, but the description could benefit from a discussion of its specific application to the study population. Did you consider cultural differences in how financial stress is perceived and reported? It would be helpful to acknowledge how the scale's validity might differ across diverse cultural backgrounds.

While the Cultural Competence Self-Assessment Questionnaire (CCSAQ) is an appropriate choice for this study, a brief mention of any modifications made to the tool to suit the Iranian cultural context would improve the section. Was there any pilot testing conducted with this population to ensure the scale's relevance and understanding?

The intervention is well-structured, but it may benefit from a more explicit mention of how cultural competence is integrated into the CBT framework across sessions. For example, how are cultural considerations incorporated into cognitive restructuring or problem-solving techniques? Expanding on this would make the cultural adaptability of the intervention clearer.

This session is a critical part of the intervention, but the description could be more specific about the exercises participants engage in. How are cultural beliefs and practices explored, and how do these activities help participants reframe their mental health challenges in a cultural context? Consider adding more detail on the specific tools or strategies used in this session.

The session on problem-solving skills is crucial, but the description of the session's content could benefit from further detail on how these skills are related to financial stress. For example, are there specific exercises focused on financial problem-solving, or is the session more general in nature? A brief mention of how financial issues are specifically addressed would improve clarity.

The data analysis approach is appropriate, but the explanation of SPSS software usage could be more detailed. For example, were any assumptions checked for the repeated measures ANOVA, such as sphericity or homogeneity of variances? A brief explanation of how you dealt with potential violations of assumptions would enhance the rigor of this section.

The demographic details provided are useful, but the study would benefit from a more in-depth discussion of the potential influence of socio-economic factors on the results. For example, do variations in employment status or education level have an impact on how participants respond to the intervention? Addressing this would enrich the analysis of the findings.

Table 1 provides a clear presentation of descriptive statistics. However, a brief interpretation of these changes within the text would help readers connect the statistics to the study's key findings. For example, how do the changes in perceived social support and financial stress specifically relate to the intervention's objectives?

The improvement in perceived social support is discussed well, but the cultural context of this improvement should be explored more deeply. Was the increase in perceived social support due to cultural adaptation in CBT, or did it result from the generic benefits of social support? Providing more detail would enrich the discussion.

Authors revised the manuscript and uploaded the document.

1.2.   Reviewer 2

Reviewer:

The link between social support and psychological resilience is well-established in the literature. However, the reference to cultural competence in this paragraph feels slightly disjointed. It would strengthen the argument to explicitly state how cultural competence enhances the effectiveness of social support interventions. A more direct connection between the two concepts could enhance the coherence of this section.

The discussion of cultural competence is critical, but it would be helpful to specify why cultural competence is particularly important for this population (e.g., women from conservative or marginalized societies). A clearer connection between the cultural challenges faced by the target population and the intervention's goals would help underline the relevance of the study.

The description of the participant selection process mentions purposive sampling but does not provide enough details on the inclusion and exclusion criteria. Please specify factors such as the severity of depression, any exclusion based on comorbid conditions, or other socio-demographic factors that may have influenced participant selection. This would help readers understand the generalizability of the results.

The study mentions the use of a randomized controlled trial (RCT) design, which is appropriate, but does not clearly outline how randomization was conducted. Was it done manually or using software? Additionally, it would be useful to provide more detail about the process of obtaining informed consent and how ethical considerations were addressed in terms of participant confidentiality and data handling.

The ANOVA results are well-presented, but a discussion of the effect sizes is needed. For example, an η^2 of 0.31 for perceived social support indicates a large effect size, but what does this imply in practical terms for the intervention's impact? Expanding on the interpretation of the effect sizes in the context of the study would clarify their significance.

The discussion section does an excellent job of linking the findings to existing literature. However, it would be useful to address the limitations of the study. For instance, is the study's sample size large enough to generalize the findings? Discussing these limitations would present a more balanced view of the study's impact and future research directions.

Authors revised the manuscript and uploaded the document.

2.   Revised

Editor's decision: Accepted.
Editor in Chief's decision: Accepted.