




## Rumination and Identity Confusion as Predictors of Emotional Exhaustion in Emerging Adult Women

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E d i t o r	R e v i e w e r s
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### 1. Round 1

#### 1.1. Reviewer 1

Reviewer:

In the sentence “Emotional exhaustion...is increasingly observed among emerging adult women...”, consider integrating more nuanced sociocultural or epidemiological data to strengthen the rationale for focusing on this population.

The sentence “Cultural, social, and gender-specific factors...” introduces sociocultural dimensions but does not sufficiently elaborate on the specific pressures within Egyptian society. Consider integrating region-specific studies or cultural frameworks.

The sentence “This depletion may become particularly severe...” introduces the concept of self-regulation but lacks integration with relevant self-regulation models (e.g., Baumeister’s ego-depletion theory). Consider elaborating on this.

In the paragraph describing the RRS, clarify which subscales were used in analysis. Were Brooding and Reflection examined separately or combined?

While VIF values are presented, the moderate correlation ( $r = .44$ ) between rumination and identity confusion warrants discussion regarding potential multicollinearity in regression interpretation.

After Table 3, the sentence “...reflecting a substantial effect size...” could be improved by reporting standardized effect sizes (e.g., Cohen’s  $f^2$  or partial  $\eta^2$ ) to support claims of practical significance.

Authors revised the manuscript and uploaded the document.

## 1.2. Reviewer 2

Reviewer:

The sentence “Rumination...has been widely implicated in emotional dysregulation...” cites four sources. Consider differentiating their contributions or replacing one with a meta-analytic study for stronger empirical grounding.

In “Simultaneously, identity confusion—a hallmark developmental challenge...”, link more clearly to Erikson’s psychosocial stage theory. A sentence explicating how identity confusion in emerging adulthood diverges from adolescence would strengthen the developmental rationale.

In “192 participants were full-time students...”, clarify how full-time employment was operationalized. Did this include internships, freelance work, or domestic roles?

Following the presentation of Table 1, the interpretation sentence “These means are consistent with existing literature...” is vague. Provide concrete comparison figures or benchmarks to support this.

The statement “These results underscore the influential roles of maladaptive cognitive processing...” could be strengthened by avoiding restatement of findings and instead focusing on how these findings extend previous literature.

The discussion on Egyptian sociocultural context is important but underdeveloped. The sentence “In collectivist societies such as Egypt...” would benefit from integrating Hofstede’s cultural dimensions or similar frameworks.

In the sentence “...emotional exhaustion often emerges when cognitive demands are high...”, consider linking to Conservation of Resources Theory to deepen theoretical interpretation.

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## 2. Revised

Editor’s decision: Accepted.

Editor in Chief’s decision: Accepted.