




## Identifying Patterns of Meta-Emotional Beliefs in Emotionally Suppressed Women

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E d i t o r	R e v i e w e r s
Silvia Helena Koller  Faculty member, Universidade Federal do Grande do Sul, Porto Alegre, Brazil silvia.koller@pq.cnpq.br	<b>Reviewer 1:</b> Ali Khodaei  Department of Psychology, Faculty of Educational Sciences and Psychology, Payam Noor University, Tehran, Iran. Email: alikhodaei@pnu.ac.ir <b>Reviewer 2:</b> Nadereh Saadati  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:

The paragraph would benefit from defining “emotion suppression” early using an operational or conceptual definition. Is it the same as expressive suppression or broader?

You may consider citing an integrative model (e.g., bio-psycho-social) to support the claim that meta-emotional beliefs are shaped by multiple developmental domains.

To enhance rigor, please include details on ethnic background, urban/rural distribution, and religious affiliation, as these may influence emotional norms and beliefs.

It would strengthen the methodology if a sample of the interview guide were included as an appendix or supplement. This would support transparency and replicability.

Clarify how emotional suppression was operationalized for inclusion—was it based on clinical judgment, self-report, or diagnostic criteria?

Consider explaining how inter-rater reliability was addressed during the coding process, if at all. Were multiple coders involved? If yes, report agreement metrics.

The thematic structure is well-presented, but including representative quotes in the table would enhance interpretability and reader engagement with the data.

This could be more clearly classified as behavioral avoidance. It may be helpful to distinguish between short-term functional distraction and long-term suppression.

Consider linking this observation with literature on perfectionism and meta-cognitive distortions, which could strengthen the theoretical bridge.

The claim of “identity fragmentation” is strong—consider supporting it with participant quotes or specifying whether this was self-reported or interpretative.

This is a rich concept that deserves more elaboration—perhaps connecting to identity theory or schema therapy perspectives.

Authors revised the manuscript and uploaded the document.

## 1.2. Reviewer 2

Reviewer:

Consider elaborating with more empirical evidence on the nature and types of "social punishment" experienced (e.g., rejection, labeling, ostracism) to ground this assertion.

It would help to briefly distinguish this concept from emotional intelligence and cite specific psychometric or clinical measures (if any) used in existing studies.

Consider integrating a brief critique of the literature here: are meta-emotional beliefs more influential than situational factors or personality traits in emotional suppression?

This concept warrants deeper interpretive commentary—does this belief align with specific religious doctrines, or is it a culturally mediated interpretation?

This theme could be enriched by discussing the role of shame proneness or self-compassion in the evaluation process, with links to existing theoretical constructs.

Please expand on the psychological cost of “conditional emotional openness.” Does this lead to emotional isolation or resilience? Evidence or discussion is needed.

Authors revised the manuscript and uploaded the document.

## 2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.