




# The Effectiveness of Self-Compassion Training on Body Image Concern and Difficulties in Emotion Regulation in Women with Overweight

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

In the paragraph stating “Body image concern refers to persistent preoccupation with perceived defects or dissatisfaction regarding physical appearance and body shape,” the conceptual definition of body image concern overlaps substantially with body dissatisfaction and body dysmorphic tendencies. The manuscript would benefit from a clearer differentiation between these constructs and a stronger explanation of why the Body Image Concern Inventory was chosen instead of more established body dissatisfaction measures frequently used in obesity-related research.

The paragraph beginning “One of the major psychological mechanisms associated with body image concern is difficulty in emotion regulation” presents emotion regulation as a causal mechanism but does not sufficiently explain the directional relationship between emotional dysregulation and body image concern. Theoretical clarification is needed regarding whether emotion regulation difficulties are conceptualized as antecedents, mediators, or consequences of body image disturbance in overweight women.

The statement “Self-compassion involves treating oneself with kindness, understanding, and acceptance during times of suffering” relies heavily on Gilbert and Irons (2009), but the manuscript does not integrate Neff’s foundational theoretical

model of self-compassion despite discussing the three-component structure. The omission of Neff's original conceptualization weakens the theoretical grounding of the intervention. The authors should either justify the exclusive reliance on Gilbert's compassion-focused perspective or incorporate broader theoretical literature on self-compassion.

The inclusion and exclusion criteria are extensive but insufficiently operationalized. For example, the exclusion criterion "absence of severe psychiatric disorders" lacks information regarding how psychiatric conditions were screened. Were participants assessed using clinical interviews, medical records, or self-report? This omission affects the reliability of participant characterization.

In the "Measures" section, the description of the Body Image Concern Inventory mentions "subsequent studies conducted among adolescent female populations," yet the current sample consists of adult women. The psychometric justification would be stronger if adult Iranian validation studies were cited instead of adolescent-only evidence.

Authors revised the manuscript and uploaded the document.

## 1.2. Reviewer 2

Reviewer:

In the paragraph beginning "Empirical evidence supports the effectiveness of self-compassion interventions," the cited studies vary substantially in intervention duration, delivery format, and participant characteristics. However, the manuscript treats these studies as conceptually equivalent. A more critical synthesis of the literature is needed, particularly distinguishing between brief meditation interventions, structured therapeutic protocols, and online interventions.

The final paragraph of the Introduction claims that "several gaps remain in the existing body of research," yet the manuscript does not sufficiently demonstrate how the current study uniquely contributes to the literature. The authors should explicitly articulate the novelty of simultaneously targeting body image concern and emotion regulation difficulties in overweight women within the Iranian sociocultural context.

In the Methods section, the sentence "The statistical population included all women with overweight in Tehran in 2026" lacks sufficient detail regarding recruitment settings and accessibility of the target population. The manuscript mentions counseling centers, nutrition clinics, and sports clubs, but the sampling frame remains unclear. The authors should specify how many centers participated, whether recruitment occurred in public or private facilities, and whether socioeconomic diversity was considered.

The paragraph explaining participant selection states that women scoring "higher than 54" on the Body Image Concern Inventory and "higher than 106" on the DERS were considered eligible. However, the rationale for using the sample mean as the cutoff criterion is methodologically problematic and insufficiently justified. Using arbitrary sample-based thresholds may compromise external validity and introduce selection bias. The authors should provide empirical or clinical justification for these cutoffs.

The sentence "The sample size was determined based on the quasi-experimental nature of the study, a 95% confidence level, a medium effect size, and a statistical power of 0.83" is incomplete because no formal power analysis procedure, software, or effect size assumptions are reported. The manuscript should provide a reproducible power analysis including alpha level, assumed effect size, and statistical test family.

Authors revised the manuscript and uploaded the document.

## 2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.