

## The Effectiveness of an Emotion Regulation Training Program on Rumination, Life Satisfaction, and Self-Esteem in Mothers of Children with Intellectual-Developmental Disabilities

Zohreh. Safari Hosseinabadi<sup>1</sup>, Sedighe. Rezaei Dehnavi<sup>2\*</sup>

<sup>1</sup> M.A., General Psychology, Payame Noor University, Najafabad, Iran

<sup>2</sup> Associate Professor, Department of Psychology, Payame Noor University, Tehran, Iran

\* Corresponding author email address: aghasemzadeh@irimed.org

### Editor

Jafar Hasani<sup>id</sup>  
Professor, Department of Clinical Psychology, Kharazmi University, Tehran, Iran  
hasanimehr57@khu.ac.ir

### Reviewers

**Reviewer 1:** Zabih Pirani<sup>id</sup>  
Assistant Professor, Department of Psychology, Arak Branch, Islamic Azad University, Arak, Iran. Email: pirani@iau-arak.ac.ir  
**Reviewer 2:** Tayebe Sharifi<sup>id</sup>  
Department of Psychology, Shahrekord Branch, Islamic Azad University, Shahrekord, Iran. t.sharifi@iaushk.ac.ir

## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

Expand the literature review to include a broader range of studies, particularly those focusing on emotion regulation interventions in similar populations.

Integrate a theoretical or conceptual model visually representing the hypothesized effects of the intervention.

Provide a more detailed rationale for the chosen sample size and discuss the implications of the sampling method for the generalizability of the findings.

Discuss the limitations of the study more thoroughly, including potential biases, the intervention's replicability, and suggestions for future research to address these limitations.

Authors revised the manuscript and uploaded the document.



1.2. *Reviewer 2*

Reviewer:

Consider adding a brief overview of emotion regulation theories at the beginning to provide a theoretical grounding for the intervention.

In the methods section, a more detailed description of the intervention's content could be helpful for replication purposes.

Expand the discussion of limitations to include the study's design and any constraints on the findings' applicability beyond the sampled population.

A final recommendation would be to briefly discuss future research directions, particularly in exploring the long-term effects of the intervention and its adaptability to different contexts or populations.

Authors revised the manuscript and uploaded the document.

**2. Revised**

Editor's decision: Accepted.

Editor in Chief's (The editor) decision: Accepted.