



# The effectiveness of The Paradoxical Therapy Model on Behavioral Emotion Regulation, Perceived Rejection, and Cognitive State of Retirees from Bank Melli in Tehran

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## E d i t o r

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## R e v i e w e r s

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## 1. Round 1

### 1.1 Reviewer 1

Date: 10 March 2024

Reviewer:

The use of convenience sampling may introduce bias and limit the generalizability of the findings. Consider discussing the potential limitations this might have on the study's external validity and explore the feasibility of employing a stratified random sampling method to enhance representativeness.

The manuscript reports significant results using ANCOVA but does not address the assumptions of this analysis comprehensively. Please provide a detailed examination of the homogeneity of regression slopes assumption, as this is critical for the correct interpretation of ANCOVA results.

It is unclear whether the control group received any form of intervention or engagement. To better control for placebo effects, detail any activities or standard care the control group participated in during the study.

The intervention is described in broad terms. For reproducibility and clarity, include a more detailed description of the content of the paradoxical therapy sessions. Specific examples of exercises or discussions could be beneficial.

The reliability and validity of the translated instruments (e.g., Behavioral Emotion Regulation Questionnaire) are mentioned but not substantiated with detailed statistical data from the current study cohort. Please provide these metrics to establish the tools' reliability in your sample.

The discussion broadly claims effectiveness without addressing potential confounding variables that could influence the outcomes, such as participant's age, health status, or previous mental health interventions. Discuss these factors to strengthen the credibility of the conclusions.

The review could be enhanced by including a more thorough comparison with existing studies on paradoxical therapy, particularly those that did not find similar benefits. This could help contextualize your results within the broader research landscape.

Authors revised the manuscript and uploaded the updated document.

## 1.2 Reviewer 2

Date: 13 March 2024

Reviewer:

The timing and duration of each therapy session are mentioned, but the specific activities within each session could be elaborated upon. Provide a timeline that includes the specific techniques and content delivered in each session.

The manuscript does not discuss how participant dropouts were handled in the analysis. Please describe the attrition rate and perform an intention-to-treat analysis to account for all participants originally allocated to each group.

While ethical considerations are briefly mentioned, expand on how potential ethical issues were managed throughout the study, particularly in terms of handling participants' emotional distress induced by therapy sessions.

Consider presenting the data using additional graphical representations such as box plots or scatter plots to provide a visual comparison of pre-test and post-test scores across groups, enhancing the interpretability of your results.

The theoretical underpinnings of paradoxical therapy are briefly mentioned. Enhance the discussion by linking the therapy's mechanisms more explicitly with the observed changes in emotion regulation and cognitive states.

The conclusion suggests future research areas but lacks specifics about how these studies should be structured. Propose specific methodologies or populations for future research to investigate the therapy's effects further.

The inclusion criteria for the study participants are somewhat vague. Specify the criteria more clearly to ensure that the study population is well-defined, enhancing the replicability of the study.

Authors revised the manuscript and uploaded the updated document.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.