




## Analysis of the Effects of Schema-Based and Mindful Parenting on Reducing Sleep Problems and Aggression in Children with Mild Autism Spectrum Disorder

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

In the first paragraph, the term "utism Spectrum Disorder" appears to be a typographical error. It should be corrected to "Autism Spectrum Disorder (ASD)" to ensure clarity and accuracy.

The paragraph defining schemas is comprehensive but could be enhanced by providing a specific citation for the definition to support the claims made about schemas' impact on psychological distress.

While the literature review covers various parenting interventions, it would benefit from a more detailed comparison of schema-based and mindful parenting theories to establish a stronger foundation for the study's hypotheses.

The description mentions that only 33 out of 45 items are scored. Clarify the rationale behind excluding certain items and how this selection impacts the overall assessment of sleep habits.

While reliability is discussed, the construct validity of the Autism Social Skills Profile in the Iranian context should be addressed, considering cultural differences that may influence social behavior assessments.

Table 1 presents descriptive statistics, but it would be more informative to include effect sizes alongside means and standard deviations to better understand the practical significance of the findings.

The Kolmogorov-Smirnov test results are mentioned to confirm normality ( $p > 0.05$ ). However, consider reporting the actual test statistics and p-values for greater transparency.

Response: Revised and uploaded the manuscript.

### 1.2. Reviewer 2

Reviewer:

The statement "With an estimated prevalence of 1.85% (1 in every 54 births) (Manner et al., 2021)" lacks context regarding the geographical scope. Please specify if this prevalence rate is global or pertains to a specific region.

The citation style varies throughout the introduction. For instance, "Gleeson et al., 2016" is used alongside "Alsabbagh et al., 2018." Ensure consistent citation formatting according to the journal's guidelines.

The introduction mentions both externalizing and internalizing behaviors associated with ASD. It would be beneficial to briefly elaborate on how these behaviors specifically impact sleep and aggression to better link to the study's focus.

The choice of a quasi-experimental pretest-posttest design is mentioned, but the rationale for not using a randomized controlled trial (RCT) should be more thoroughly discussed, especially regarding potential confounding variables.

The text states that participants were "randomly assigned to three groups," yet the initial assignment results in unequal group sizes (13, 13, and 14). Clarify if this was due to randomization constraints or other factors.

The inclusion criteria list "mild ASD," but the criteria for categorizing ASD severity (e.g., diagnostic tools or thresholds) should be explicitly defined to ensure replicability.

The aggression questionnaire is described in detail, including reliability metrics. However, including information on the validity of the questionnaire within the specific population of children with ASD would strengthen the measure's appropriateness.

In the ANCOVA tables (Tables 2-5), include the adjusted means and confidence intervals for each group to provide a clearer picture of the intervention effects after controlling for pretest scores.

The discussion effectively links findings to previous studies, but it should also address any unexpected results or inconsistencies with existing literature to provide a balanced interpretation.

While practical implications are discussed, elaborating on specific strategies for implementing schema-based and mindful parenting interventions in Iranian cultural contexts would enhance the applicability of the findings.

Response: Revised and uploaded the manuscript.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.