




The Effectiveness of Lyubomirsky's Happiness Training on Negative Emotions (Depression, Stress, and Anxiety) and Cognitive Flexibility in Mothers of Children with Autism Spectrum Disorder

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E d i t o r	R e v i e w e r s
Shahram Vahedi ¹  Professor, Department of Educational Psychology, Faculty of Educational Sciences and Psychology, Tabriz University, Tabriz, Iran vahedi117@yahoo.com	Reviewer 1: Masoud Asadi ¹  Assistant Professor, Department of Psychology and Counseling, Arak University, Arak, Iran. Email: m-asadi@araku.ac.ir Reviewer 2: Stephen C. L. Lau ¹  Professor (Assistant) at Washington University in St. Louis, United States. Email: lauc@wustl.edu

1. Round 1

1.1. Reviewer 1

Reviewer:

The first paragraph outlines the emotional burdens of mothers of children with ASD but lacks a clear articulation of the literature gap that justifies this specific study.

The statement "may improve family dynamics and reduce caregiving burden" is speculative and should be toned down or supported with citations.

It is stated that participants provided "written informed consent," but the paragraph does not mention whether consent was obtained for the use of data in publications.

The posttest is mentioned, but there is no indication of a follow-up phase. The lack of follow-up weakens claims of sustained intervention effects. Consider acknowledging this limitation earlier.

The description of Sessions 5 through 8 is brief and lacks detail compared to earlier sessions. Consider expanding the descriptions or summarizing all sessions equally for consistency.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

The statement "negative emotions such as depression, anxiety, and stress... impair cognitive functioning" needs more empirical grounding or additional references beyond Elemo & Can (2024).

While the HPA axis is mentioned, the paper could benefit from elaboration on how prolonged stress affects specific brain structures such as the prefrontal cortex or amygdala (e.g., add details from Rahnema et al., 2020).

The study refers to Lyubomirsky's "Sustainable Happiness" theory but does not clearly articulate how the training maps onto this model's core components. Please add explicit theoretical linkages.

The manuscript presents means and SDs in Table 1 but does not discuss trends or differences in the text body. This section would benefit from a brief narrative summary of Table 1 data.

The titles for Tables 2 and 3 are too similar and could confuse readers. Consider revising to emphasize differences, such as "ANCOVA Results" and "Between-Subjects Effects Analysis."

The phrase "not merely symptomatic but reflects a deeper transformation" is interpretively strong. Either provide supporting data (e.g., qualitative feedback) or rephrase to indicate a theoretical inference.

The claim that neurobiological evidence supports happiness training effects is compelling but unreferenced. Please include recent neuroscientific evidence or rephrase more cautiously.

Response: Revised and uploaded the manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.