




## The Effectiveness of Brain-Based Parenting Training on Parenting Adaptability and Parenting Orientation in Mothers of Children Aged 6 to 10 Years with Anxiety Symptoms

Elham. Motovalibashi Naeini<sup>1</sup>, Zahra. Yousefi<sup>2\*</sup>, Mohsen. Golparvar<sup>3</sup>

<sup>1</sup> PhD Student in Counseling, Department of Psychology, Isf.C., Islamic Azad University, Isfahan, Iran

<sup>2</sup> Associate Professor, Department of Clinical Psychology, Isf.C., Islamic Azad University, Isfahan, Iran

<sup>3</sup> Professor, Department of Psychology, Isf.C., Islamic Azad University, Isfahan, Iran


\* Corresponding author email address: Dr\_yousefi@iau.ac.ir

### Editor

Habib Hadianfard

Affiliation: Professor, Department of Psychology, Shiraz University, Iran  
hadianfd@shirazu.ac.ir

### Reviewers

**Reviewer 1:** Abolghasem Khoshkanesh

Assistant Professor, Counseling Department, Shahid Beheshti University, Tehran, Iran.

Email: akhoshkonesh@sbu.ac.ir

**Reviewer 2:** Thseen Nazir

Professor of Psychology and Counseling Department, Ibn Haldun University, Istanbul, Turkey.

Email: thseen.nazir@ihu.edu.tr

### 1. Round 1

#### 1.1. Reviewer 1

Reviewer:

In the sentence “Brain-based parenting emphasizes the alignment of parenting practices with the neurodevelopmental processes of both parents and children...”, please provide more explicit operationalization of “brain-based parenting,” possibly citing the core theoretical frameworks (e.g., Daniel J. Siegel’s interpersonal neurobiology model) to ground the concept more firmly.

You mention “test–retest reliability was  $r = .45$ ,  $p = .001$ ”. This is a low reliability coefficient. Discuss why it was considered acceptable and whether this might affect measurement stability.

The sentence “Confirmatory factor analysis also supported the construct validity of this questionnaire” should include specific model fit indices (e.g., CFI, RMSEA) to support the claim of construct validity.

The session content is described, but lacks references to theoretical sources for each session’s design. Consider linking each session theme (e.g., left/right hemisphere, mirror neurons) to specific literature to strengthen methodological transparency.

You state that “Assumptions of normality, homogeneity of variances, and sphericity were assessed” but the exact results (e.g., p-values, correction applied) should be concisely summarized here rather than only in the tables, to aid readability.

The phrase “may help interrupt these maladaptive transmission pathways” should be supported with at least one longitudinal or intergenerational study showing this effect, to avoid overgeneralization.

Response: Revised and uploaded the manuscript.

## 1.2. Reviewer 2

Reviewer:

The section discussing “parenting orientation—encompassing parents’ attitudes, goals, and expectations” is informative, but it mixes conceptual explanation and empirical findings. Separate these more clearly and add a definition of “orientation” earlier in the text for conceptual clarity.

The statement “Recent studies conducted in diverse cultural contexts support the efficacy of brain-based and related parenting programs” should specify at least one or two countries or cultural contexts where these studies were conducted, to substantiate the “diverse” claim.

The sentence “Considering the cultural and contextual variations in parenting practices and parental role expectations, further empirical investigation is warranted” is strong but vague. Provide 1–2 specific cultural factors relevant to Iranian parenting to justify why this context is important.

The sentence “the group effect was significant ( $p < .000$ )” should be revised to “ $p < .001$ ” because p-values cannot be exactly .000. This applies to multiple places throughout the results section.

The sentence “These improvements persisted from the posttest through the follow-up stage...” is accurate, but you should acknowledge the follow-up was only 45 days, which limits claims of “enduring” effects. Add a cautionary statement here.

The section “These results also echo findings that brain-based and mindful parenting training can significantly improve mothers’ optimism...” is well-written but would be stronger if you also briefly discussed possible psychological mechanisms (e.g., self-efficacy, reduced parental stress).

Response: Revised and uploaded the manuscript.

## 2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.