The Effectiveness of Self-Talk Training on Craving, Mental Health, and Rejection Sensitivity in Individuals with Substance Dependence

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1. Round 1

1.1. Reviewer 1

Reviewer:

In the introduction, the statement "Substance abuse is a chronic, relapsing disorder characterized by impaired inhibitory control" lacks citation. Include a reference to strengthen the credibility of the definition (Paragraph 1, Line 1).

Include evidence or references supporting the decision to have ten 60-minute sessions. For example, does existing literature support the efficacy of this duration for self-talk interventions (Intervention)?

For Table 3, the reported η^2 values show strong effects, but interpretations are missing. Discuss these in the text and elaborate on what constitutes a strong effect size in this context (Results, Table 3).

While the study reports changes in the experimental group, the control group's relative stability is mentioned without further analysis. Compare the control group's lack of change more explicitly to strengthen the results (Results, Table 2).

Discuss how your findings align or differ from similar studies that employed non-pharmacological interventions for addiction (Discussion, Paragraph 3).

Authors revised and uploaded the document.

1.2.   Reviewer 2

Reviewer:

Specify how participants were recruited. For example, were they approached directly at treatment centers, or were there advertisements? This detail will enhance the reproducibility of the research (Methods, "Study Design and Participants").

The reliability indices of the questionnaires are presented, but the validation process for the Iranian context is only partially addressed. Elaborate on how cultural differences might impact the results and any adjustments made (Methods, "Measures").

For the "Developing Positive Self-Talk" session, clarify the theoretical framework behind creating affirmations. Why are affirmations particularly effective for individuals with substance use disorders (Intervention, Session 4)?

The sentence "Self-talk training reduces state anxiety, increases state confidence, and enhances self-optimization" is generalized. Specify the mechanisms of self-talk that are most relevant to addiction (Discussion, Paragraph 1).

Authors revised and uploaded the document.

2.   Revised

Editor's decision after revisions: Accepted.
Editor in Chief's decision: Accepted.