

# Understanding Parental Guilt in Caregivers of Children with Behavioral Disorders




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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The sentence “Guilt often emerges from discrepancies between parental expectations and lived realities” would be strengthened by citing empirical studies that directly measure this discrepancy and its correlation with guilt in caregivers.

The quotation “I should’ve noticed earlier...” reflects emotional distress, but the analysis lacks exploration of time-related guilt (e.g., guilt over delayed diagnosis). Consider thematizing temporal dimensions of guilt.

The quote “I keep thinking I’m doing something wrong...” suggests cognitive distortions. The authors might connect this to maladaptive attributional styles and propose theoretical underpinnings (e.g., Beck’s cognitive theory).

The phrase “Some nights I just cry myself to sleep...” is emotionally potent. Authors could enhance analysis by linking emotional exhaustion to caregiver burnout literature and discussing thresholds or symptomatology.

The authors mention “feeling like a bad person.” Consider distinguishing guilt (focused on actions) from shame (focused on self-identity) and how these interact in caregiving contexts.

The quote “My mother-in-law thinks it’s all because of how I raise him...” indicates intrafamilial conflict. Authors could further analyze family system dynamics and the role of intergenerational transmission of parenting norms.

The phrase “People always ask, ‘Why isn’t he like the others?’” could be contextualized using social comparison theory to explain caregiver distress.

The claim “These institutional criticisms can erode trust...” would benefit from a clearer citation or data-derived statement showing reduced institutional engagement or therapy dropout related to parental guilt.

Authors revised and uploaded the document.

## 1.2. Reviewer 2

Reviewer:

The claim “In collectivist societies where family roles are rigidly defined...” would benefit from cultural specificity. The authors should explain how these dynamics particularly operate in Turkey, given the study’s setting.

The sentence “Studies show that such experiences can lead to chronic stress and even symptoms consistent with post-traumatic stress disorder...” needs elaboration. Specify which studies diagnose PTSD symptoms in caregivers and the instruments used.

The phrase “guilt catalyzes constructive coping strategies” requires further elaboration—what are the boundary conditions under which guilt becomes constructive rather than maladaptive?

The sentence “Participants were selected through purposive sampling...” should clarify the criteria used for determining diversity beyond age and gender—did this include diagnosis severity, urban vs. rural setting, or caregiving duration?

The sentence “My faith gives me peace...” would be enriched by citing research on religious coping in caregivers and distinguishing between positive vs. negative religious coping.

The example “Letting go of guilt doesn’t mean I don’t care...” touches on cognitive restructuring. Authors could integrate theoretical models (e.g., Lazarus’ appraisal theory) to deepen the psychological analysis.

Authors revised and uploaded the document.

## 2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.