




Family Stress and Physical Rehabilitation Adherence in Adolescents: The Mediating Role of Health Beliefs

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E d i t o r	R e v i e w e r s
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1. Round 1

1.1. Reviewer 1

Reviewer:

The sentence “Physical rehabilitation adherence among adolescents is an especially important area of focus” would benefit from citing prevalence data or statistics regarding non-adherence in adolescent rehabilitation to highlight the real-world significance.

The statement “research specifically addressing the mechanisms through which family stress influences physical rehabilitation adherence in adolescents remains limited” would be more convincing if supported by a short systematic overview or mention of how many studies directly address this context versus others.

The authors write “Health beliefs yielded a higher mean of 138.42... suggesting that adolescents generally reported positive health-related cognitions.” This interpretation seems speculative; please provide normative or cutoff values to justify labeling the mean as “positive.”

The statement “Lifestyle and behavioral studies confirm that adolescents’ self-perceived health is shaped by both external stressors and internalized health beliefs” could be expanded by linking explicitly to intervention opportunities—what kinds of cognitive-behavioral strategies might strengthen these health beliefs?

Authors revised and uploaded the document.

1.2. Reviewer 2

Reviewer:

The authors note “stress within the family system can spill over into adolescents’ health management”. It would improve the theoretical framing if the spillover mechanisms were elaborated, perhaps referencing family stress theory or ecological systems theory explicitly.

The sentence “Adherence research in other health conditions also offers valuable insights” begins a section that mostly summarizes past findings. However, there is little critical synthesis; please integrate these studies to demonstrate where the research gap exists, not only that similar findings have been observed.

The sentence “These results underscore the complex interplay between family dynamics, cognitive appraisal processes, and health behaviors” is a strong conclusion, but it would be strengthened by explicitly connecting to developmental theories of adolescence (e.g., self-determination theory, ecological systems theory).

The authors write “In contexts such as antiretroviral therapy for HIV-positive adolescents, family stress has been identified as a major barrier.” While relevant, this paragraph risks becoming too descriptive; the authors should more clearly articulate how these contexts are analogous to physical rehabilitation adherence.

Authors revised and uploaded the document.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.