

The Effectiveness of an Integrative Coaching Psychology Intervention Program on the Well-Being of Parent with Preadolescent with Symptoms of Externalizing Disorders

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1. Round 1

1.1. Reviewer 1

Reviewer:

The classification of externalizing disorders as strictly ADHD, ODD, and CD is somewhat narrow. It may be beneficial to reference DSM-5 or ICD-11 criteria to clarify diagnostic boundaries and acknowledge potential comorbidities (e.g., conduct problems frequently co-occur with substance use disorders).

The cited source is somewhat older. If possible, incorporate more recent literature that supports the notion of self-development as a structured, beneficial process for parents, possibly drawing from contemporary positive psychology or coaching frameworks published within the last 5 years.

Consider providing a more concise historical overview and focusing more on the evidence base behind coaching interventions. Presenting key studies that have demonstrated the effectiveness of coaching in various psychological and health contexts would strengthen the argument.

The introduction emphasizes the potential of coaching psychology for improving well-being but could be strengthened by clarifying how the integrative coaching model differs from or builds upon existing interventions (like mindfulness-based parenting or positive parenting programs). Adding a sentence or two explicitly stating the uniqueness and added value of this integrative coaching intervention would be beneficial.

The authors mention that the present study aims to "evaluate the effectiveness of an integrative coaching psychology intervention program." To enhance clarity, explicitly state the research question or hypothesis (e.g., "We hypothesized that parents who receive the integrative coaching psychology intervention would show a significant increase in well-being compared to a control group.").

Clarify why both mothers and fathers were included and whether any differences in response to the intervention by parent gender were expected. If not addressed in the current design, consider discussing how sex/gender differences might be explored in future studies.

Include effect sizes (e.g., Cohen's d) or partial eta squared for the reported outcomes to strengthen the interpretation of the results. Simply reporting p -values is not sufficient for understanding the magnitude of the intervention effect.

The authors mention that the difference between post-test and follow-up scores was not significant, indicating stability. Consider adding a brief explanation or theoretical rationale as to why the effects were maintained over two months. This could include highlighting specific coaching strategies that promote long-term skill retention.

Authors uploaded the revised manuscript.

1.2. Reviewer 2

Reviewer:

The claim that "Adolescent behavioral problems ... can significantly negatively impact parents' quality of life..." is well-stated, but consider citing more recent systematic reviews or meta-analyses that have quantified these impacts on caregivers' well-being for added rigor.

"One of the most prominent and critical aspects that these individuals (parents) need ... is known as personal growth or self-development"): The link between externalizing problems in children and the need for parent personal growth could be made clearer. Consider adding a transitional sentence or brief rationale that explains why personal growth interventions (such as coaching) are specifically suited to this population of parents.

The reference to coaching's historical roots ("Pentland, 2012") would be more impactful if immediately followed by a clear explanation of how historical coaching practices have evolved into the evidence-based coaching psychology methods used today.

The text states that integrative coaching models should be based on research evidence but does not mention specific frameworks. Consider briefly describing or citing a known integrative coaching model (e.g., GROW model combined with positive psychology elements) to exemplify what an integrative approach looks like in practice.

This section discusses a paradigm shift towards process-based therapies. Consider more explicitly connecting this shift to coaching psychology by explaining how process-based approaches can directly inform the integrative coaching intervention you implemented.

Although the study was described as quasi-experimental with random assignment, it would help to specify the exact randomization procedure. For example, indicate how participants were assigned to experimental or control groups (e.g., via a computer-generated randomization sequence) to increase methodological transparency.

The authors state that participants were recruited from a specific counseling center in Tehran. To improve generalizability, provide more context about the inclusion/exclusion criteria, the representativeness of the sample, and whether the findings can be extrapolated to parents seeking help in other cultural or clinical settings.

While citing similar studies helps contextualize the findings, ensure that each referenced study is directly comparable. For example, are the interventions and outcome measures closely aligned? If not, clarify how the cited study is relevant to the current intervention's theoretical underpinnings or outcome measures.

The discussion section references a wide range of interventions (e.g., mindfulness, positive parenting, supportive parenting). To strengthen the argument, integrate these findings into a coherent narrative about how various evidence-based parenting interventions share common elements (e.g., stress reduction, skill acquisition, mindset shifts) that may also be present in your integrative coaching program.

Consider providing more detail on the specific components of the integrative coaching approach that led to improved well-being. For example, were cognitive-behavioral techniques included? Did sessions focus on enhancing self-compassion, stress management, or communication skills?

Authors uploaded the revised manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.