




The Effectiveness of Cognitive-Behavioral Therapy on Social Adjustment in Adolescents with Social Anxiety


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R e v i e w e r s

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1. Round 1

1.1. Reviewer 1

Reviewer:

The statement, "Social anxiety is considered one of the most common types of social phobias (Guidi et al., 2019)," lacks precision. It would be helpful to clarify whether social anxiety is classified as a distinct disorder or a subtype of social phobia. Consider elaborating on the specific diagnostic criteria to strengthen this definition.

The reference to "social anxiety" in the phrase "Social anxiety refers to the extent of avoidance and psychological distress..." may require further clarification. It is essential to define the constructs more clearly—distinguishing between avoidance behavior, distress, and other symptoms like physiological responses or impaired social functioning.

The phrase "significant impacts on the cognitive-behavioral functioning of individuals when choosing appropriate behavior in crucial situations" is somewhat vague. Consider rephrasing to more explicitly describe the cognitive and behavioral aspects affected by social anxiety, such as decision-making, self-regulation, or response to social cues.

The sentence "In this context, one of the modern methods effective in alleviating anxiety is cognitive-behavioral therapy (CBT)" introduces CBT as a solution but would benefit from a brief explanation of why CBT is considered effective for social anxiety in particular, based on existing empirical evidence.

The sentence "The research method was a quasi-experimental pre-test and post-test design with an experimental and control group..." lacks clarity regarding the specific type of quasi-experiment used. It would be beneficial to clarify whether this is a non-equivalent groups design or another type, as this impacts the interpretation of results.

The sentence "Thirty individuals who scored between 16 and 25 (the questionnaire's cut-off point) were selected" requires more explanation. The choice of cut-off score should be justified with references to its validity or relevance to the target population to ensure that the sample is adequately representative of those with social anxiety.

Authors uploaded the revised manuscript.

1.2. Reviewer 2

Reviewer:

In the sentence, "It often leads to a sense of restlessness, meaning the individual cannot sit or stand in one place for an extended period (Lin et al., 2019)," the term "restlessness" should be defined or replaced with a more specific psychological term, such as "psychomotor agitation," to increase clarity and precision in describing symptoms.

The sentence, "Anxiety disorders are among the most prevalent mental disorders worldwide," would benefit from a citation of a specific global prevalence study to substantiate this claim. Adding such a reference would help readers assess the relevance of the statistic in a global context.

When introducing the role of social adaptation, it might be beneficial to further specify how social anxiety directly affects adaptation. For example, you could discuss how anxiety impairs the ability to perceive social cues accurately or how it interferes with the ability to develop adaptive social strategies.

The mention of "social support in adolescents" is a good direction, but the linkage between social support and social adaptation in the context of anxiety should be clarified. You may want to include studies demonstrating how social support moderates the effects of anxiety on adaptation.

The claim, "Adolescents living in unfavorable family conditions... often exhibit poor adaptation," requires additional context or a reference to justify the assertion. It would strengthen your argument to briefly discuss the mechanisms that link family conditions to poor adaptation, such as a lack of emotional support or inconsistent discipline.

When you introduce the term "social adaptation," it would be useful to differentiate it from other related concepts, such as emotional adjustment or psychological resilience. This distinction will help define the focus of the study more clearly.

The phrase "the results, in addition to confirming the study's objective, indicated that CBT is effective in improving social adjustment" would benefit from more specific data on the statistical significance or effect size of these results. Providing these details strengthens the evidence for the conclusion.

The statement, "This therapy, through various exercises and strategies aimed at changing inappropriate and self-defeating thoughts and behaviors," could be improved by detailing the specific CBT techniques used (e.g., cognitive restructuring, exposure exercises) to give readers a clearer understanding of the intervention's components.

The phrase "By teaching effective communication skills, increasing self-confidence, and improving social interactions, CBT equips adolescents to function more effectively in various social contexts" could be more precise by citing specific studies or meta-analyses that show how these outcomes have been achieved in previous CBT interventions for social anxiety.

Authors uploaded the revised manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.