

# Effectiveness of Behavioral Activation Therapy on Anhedonia and School Participation


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## E d i t o r

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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:

Consider including prevalence data or recent statistics on adolescent anhedonia to underscore the significance of the problem and contextualize the need for intervention.

Although BAT is primarily behavioral, cognitive restructuring is introduced in this session. This inclusion should be justified, as it may shift the intervention toward CBT. Clarify whether this represents a hybrid model.

While relapse prevention is a valuable addition, it would enhance rigor to state whether participants were given any materials (e.g., worksheets, summaries) to support post-treatment maintenance.

Clarify whether effect size ( $\eta^2$ ) values reported for the ANOVA are partial eta squared or not. This is critical for interpretation, as different types of eta squared yield different magnitudes.

You mention that “the BAT group showed a sharp reduction in anhedonia scores.” Consider supplementing this qualitative phrase with a specific percentage change or standardized effect size to increase precision.

The sentence “Participants in the intervention group demonstrated a significant decrease...” would be strengthened by briefly summarizing the actual mean change to remind readers of the quantitative outcome.

Authors uploaded the revised manuscript.

## 1.2. Reviewer 2

Reviewer:

While the theoretical basis of BAT is well presented, it would benefit from clarification on how BAT differs from CBT, especially since both address behavioral withdrawal. This would help delineate its unique contributions.

The mention of music activities as an emotional reinforcement strategy is relevant but appears loosely connected to BAT. Consider explicitly tying this example back to how BAT might include or encourage such activities within its framework.

The claim that “limited research has examined its dual impact...” would be strengthened by citing specific gaps in existing meta-analyses or systematic reviews, especially in Southeast Asian contexts.

The sentence “These results confirmed that the data met the required assumptions...” would benefit from reporting the exact values for skewness and kurtosis, which are standard for normality diagnostics.

Add 95% confidence intervals for the Bonferroni post-hoc comparisons. This enhances transparency and allows readers to assess the precision of the estimated mean differences.

Authors uploaded the revised manuscript.

## 2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.