




# Emotionally Unavailable Parenting and Alexithymia: The Mediating Role of Attachment Insecurity

Neha. Sharma<sup>1</sup>, Emre. Yildiz<sup>2\*</sup>

<sup>1</sup> Department of Clinical Psychology, University of Delhi, Delhi, India

<sup>2</sup> Department of General Psychology, Middle East Technical University, Ankara, Turkiye

\* Corresponding author email address: emre.yildiz@metu.edu.tr

E d i t o r	R e v i e w e r s
Trevor Archer  Professor Department of Psychology University of Gothenburg, Sweden trevorcsarcher49@gmail.com	<b>Reviewer 1:</b> Karim Afshariniya  Assistant Professor, Department of Psychology, Kermanshah Branch, Islamic Azad University, Kermanshah, Iran Email: k.afsharineya@iauksh.ac.ir <b>Reviewer 2:</b> Keivan Kakabraee  Assistant Professor, Department of Psychology, Kermanshah Branch, Islamic Azad University, Kermanshah, Iran. Email: keivan@iauksh.ac.ir

## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The phrase “children are often left to navigate their inner worlds without guidance or validation...” is metaphorical. Replace with more scientific phrasing, such as “children may develop maladaptive emotional regulation strategies due to lack of caregiver responsiveness.”

The inclusion criterion “not currently undergoing psychological or psychiatric treatment” (Methods, p. 5) should be explained in terms of how it was assessed (e.g., self-report? screening questionnaire?).

While each tool is well described, consider acknowledging the potential conceptual overlap between attachment anxiety and alexithymia, as both involve emotional dysregulation.

In the paragraph under Table 1, the statement “a substantial portion of the sample fell within the range typically considered clinically relevant for alexithymic traits” lacks a cut-off reference or citation. Please specify the benchmark score used.

In Table 4, the indirect effect is written as “ $0.61 \times 0.72 = 0.44$ .” This should be expressed using standard SEM path terminology (e.g., using  $\beta$  values) and explained more precisely in the accompanying text.

When stating “attachment insecurity was found to mediate...” (paragraph 2), emphasize whether this was a partial or full mediation and provide evidence from the model comparison if available.

Authors uploaded the revised manuscript.

## 1.2. Reviewer 2

Reviewer:

In the sentence “Alexithymia, a multidimensional construct...” (paragraph 1), the citations are informative, but their chronological inconsistency (2022 before 2020) should be revised for coherence.

The discussion of collectivist cultures (paragraph 5) could be strengthened by referencing empirical cross-cultural comparison data rather than generalizations about Asia or the Middle East.

Paragraph 6 discusses paternal involvement but overlaps conceptually with paragraph 4. Consider merging for conciseness and flow.

In paragraph 7, the term “shadow parenting” is used without definition. Provide a brief explanation or operationalize the term before its application.

The phrase “These findings underscore the psychological mechanisms through which early caregiving experiences shape emotional processing...” could be strengthened by explicitly stating the practical implications of this mechanism (e.g., informing preventive parenting interventions).

In paragraph 4, five citations are clustered to support a single point. Consider synthesizing these into a more focused argument to avoid citation overload and better articulate the novel contribution of your study.

Authors uploaded the revised manuscript.

## 2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.