


# Effectiveness of Internal Family Systems-Based Group Therapy on Self-Compassion and Self-Esteem in Female High School Students in Tonekabon

Sara. Rezaei<sup>1</sup>, Elaheh. Sadeghi<sup>2\*</sup>

<sup>1</sup> Master's Student, General Psychology, Ayandegan Institute of Higher Education, Tonekabon, Iran

<sup>2</sup> Assistant Professor, Department of Psychology, Ayandegan Institute of Higher Education, Tonekabon, Iran

\* Corresponding author email address: sadeghi@aihe.ac.ir

E d i t o r	R e v i e w e r s
Izet Pehlić  Full professor for Educational sciences, Islamic pedagogical faculty of the University of Zenica, Bosnia and Herzegovina izet.pehlic@unze.ba	<b>Reviewer 1:</b> Mohsen Kachooei  Assistant Professor of Health Psychology, Department of Psychology, Humanities Faculty, University of Science and Culture, Tehran, Iran. kachooei.m@usc.ac.ir <b>Reviewer 2:</b> Mahdi Khanjani  Associate Professor, Department of Psychology, Allameh Tabataba'i University, Tehran, Iran. Email: khanjani_m@atu.ac.ir

## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The sentence, “IFS model conceptualizes the psyche as an internal system composed of distinct ‘parts’...” should be expanded to explain how this model uniquely supports adolescent developmental challenges, especially in contrast to CBT or ACT.

The phrase, “guided meditations and experiential exploration” is vague. Please clarify how fidelity to the Schwartz & Sweezy (2019) protocol was ensured—e.g., via supervision, adherence checklists, or session recordings.

The sentence, “indicating a measurable psychological shift” is vague. Consider elaborating on what psychological mechanisms—e.g., self-leadership, part integration—were likely at play according to IFS theory.

The statement, “IFS provided an avenue for emotional reorganization without dismissing cultural values” should be supported with evidence from the current study or clarified as a theoretical assumption unless verified through qualitative feedback.

Authors uploaded the revised manuscript.

## 1.2. Reviewer 2

Reviewer:

The statement, “Research has shown that enhancing self-compassion can buffer the effects of low self-esteem...” should directly reference the empirical context—whether the cited studies focused on adolescents, clinical populations, or adults—for clearer generalizability.

The authors note that “family systems in such societies not only mediate emotional development but also structure intrapsychic conflicts...” This is a critical point—please elaborate on how specific Iranian cultural norms may influence the internal family parts conceptualization in IFS.

The phrase, “This internal process resonates with findings from compassion-focused therapies...” implies causation. Consider softening to “may explain” or “is consistent with” to avoid over-interpretation of correlational outcomes.

The beneficial role of group therapy is noted briefly. Consider expanding on the mechanisms (e.g., peer modeling, co-regulation) through which group format may have amplified outcomes compared to individual IFS.

Authors uploaded the revised manuscript.

## 2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.