

Effectiveness of Cognitive Behavioral Therapy on Sleep Quality and Quantity in Adolescents with Depressive Symptoms

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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 claim “Poor sleep quality and insufficient sleep quantity have been associated with heightened emotional dysregulation...” would benefit from citing more adolescent-specific longitudinal studies to reinforce the developmental argument.

While session summaries are thorough, linking the specific session goals (e.g., "emotional expression") to theoretical CBT components (e.g., cognitive restructuring, behavioral activation) would better support the intervention's credibility.

In Table 3, there is likely a typographical error in the pre-test effect “Mean Square” value (3332.287). Please re-check for consistency across tables, especially since this value seems inflated compared to Table 2.

The sentence “Given the sig value...” appears twice without reporting effect size (e.g., partial η^2). Including effect sizes would enhance interpretation of practical significance.

The conclusion that CBT “effectively enhanced sleep-related outcomes” should be qualified by noting the sample's small size and the lack of follow-up measures.

The statement “especially in a high-stress demographic...” could benefit from elaboration on how Iranian adolescents specifically may experience and respond to CBT compared to their Western peers.

Authors uploaded the revised manuscript.

1.2. Reviewer 2

Reviewer:

The paragraph ends by mentioning CBT-I, but the next paragraph abruptly shifts to general CBT studies. A transition sentence linking CBT-I to broader CBT frameworks would improve flow.

The citations to Burns et al., Ibrahim et al., and Zolrahim et al. cover heterogeneous populations. Please clarify whether the conclusions drawn apply directly to adolescents or if they are general extrapolations.

Both Mariappan & Mukhtar (2024) and Ramfjord et al. (2023) are cited for internet-based CBT. Consider integrating these into a single cohesive argument to avoid repetition and increase synthesis.

While Kiani Rad (2024) is cited to show cultural relevance, a deeper exploration of how Iranian sociocultural norms around sleep or depression shape therapy effectiveness would strengthen this contextual argument.

The sentence “CBT targeting rumination... improved neural connectivity” needs clearer distinction between correlational findings and causation. Consider rephrasing or providing more cautious interpretation.

The discussion exclusively cites studies that support the effectiveness of CBT. Consider including one or two studies that report null effects or limitations in adolescent populations to demonstrate balanced analysis.

Authors uploaded the revised manuscript.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.