





# Comparison of the Effectiveness of Behavioral Activation and Its Combination with Mental Contrasting with Implementation Intentions on the Psychological Well-Being of Adolescent Girls with Depressed Mood


Mona. Mohammadi Elizei<sup>1</sup>, Mohammad Reza. Seirafi<sup>1\*</sup>, Mohammad Hossein. Taghdisi<sup>2</sup>, Fatemeh. Mohammadi Shirmahaleh<sup>1</sup>

<sup>1</sup> Department of Clinical and Health Psychology, Ka.C., Islamic Azad University, Karaj, Iran



<sup>2</sup> Department of Public Health, TMS.C., Islamic Azad University, Tehran, Iran

\* Corresponding author email address: mohamadrezaseirafi@iau.ac.ir

## Editor

Anela Hasanagic<sup>1</sup>  
Full Professor, Department of  
Psychology, Faculty of Islamic  
Education, University of Zenica,  
Bosnia and Herzegovina  
anela.hasanagic@unze.ba

## Reviewers

**Reviewer 1:** Sara Nejatifar   
Department of Psychology and Education of People with Special Needs, Faculty of  
Educational Sciences and Psychology, University of Isfahan, Isfahan, Iran.  
Email: s.nejatifar@edu.ui.ac.ir  
**Reviewer 2:** Mohammad Salehi   
Associate Professor, Department of Educational Management, Sari Branch, Islamic  
Azad University, Sari, Iran. Email: drsalehi@iausari.ac.ir

## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The sentence “Psychological well-being is not only a desirable outcome in itself...” would benefit from a reference to support its role as a protective factor against psychopathology. The citation to {Joshani, 2016} is appropriate but could be more clearly linked in-text.

The sentence “the COVID-19 pandemic has exacerbated the mental health burden on adolescents...” is valid but would benefit from briefly connecting the increased need for digital or hybrid interventions, which later appear in the methods section.

The section describing the combined intervention implies both BA and MCII were implemented simultaneously, but it's unclear whether MCII was integrated into every BA session or added as distinct steps. Clarify the sequencing for replication purposes.

The discussion makes an excellent effort to interpret results using Ryff's dimensions. However, it would be stronger with a final summarizing paragraph connecting findings back to the core aim of addressing subclinical depression and promoting scalable, adolescent-tailored models.

Authors uploaded the revised manuscript.

## 1.2. Reviewer 2

Reviewer:

While the introduction of BA is thorough, consider expanding slightly on its theoretical roots (e.g., Lewinsohn's reinforcement theory) to situate BA more deeply in behavioral science.

The description of MCII is well-articulated but lacks a transition sentence linking it logically to BA. Consider adding a bridging sentence explaining why combining BA with MCII might address BA's limitations in adolescent populations.

No information is provided about how adherence to the intervention manuals (BA or MCII) was monitored. Including details (e.g., checklists, supervisor reviews) would enhance methodological rigor.

In Table 3, the reported power values (e.g., .998 for self-acceptance) suggest high power, but the manuscript does not comment on the small sample size relative to these values. Consider briefly addressing this to avoid overconfidence in statistical robustness.

In the Results narrative under Table 1, the demographic information about parents' education is informative but lacks analysis or discussion. If it's not used analytically, consider moving it to supplementary materials.

Authors uploaded the revised manuscript.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.