


Prediction of Sleep Disorders Based on Psychological Distress, Meta-Worry, and Emotional Dysregulation in Adolescent Girls

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1. Round 1

1.1. Reviewer 1

Reviewer:

The sentence “Disruptions in sleep have been strongly linked to adverse psychological, emotional, and behavioral outcomes...” is well-supported by citations, but it would benefit from explicit mention of the adolescent girls’ population studied, to strengthen the contextual focus.

The claim that “research remains limited in systematically integrating these predictors in adolescent populations, particularly in non-Western contexts” is strong. Please provide at least one empirical reference from Iranian or Middle Eastern contexts to substantiate this gap.

The authors argue “meta-worry did not emerge as a significant predictor... one explanation may be cultural differences”. This is plausible but speculative; consider supporting with cross-cultural sleep/worry studies.

Authors uploaded the revised manuscript.

1.2. Reviewer 2

Reviewer:

The statement “Meta-worry... has been highlighted as a particularly maladaptive cognitive style” should be more clearly linked to why it was hypothesized as a predictor in this study. Consider articulating the rationale in relation to adolescent populations specifically.

The reported means for stress, anxiety, and depression are given as 15, 15, and 16, yet in DASS-21 each subscale ranges from 0–21. This suggests high severity, but interpretation is not provided. Please contextualize these values (e.g., mild, moderate, severe).

The sentence “The findings of this study thus extend prior evidence by quantifying the relative contribution of psychological distress...” is strong, but should also acknowledge that only one predictor was significant.

Authors uploaded the revised manuscript.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.