

## The Effectiveness of Breathing and Relaxation Techniques on Somatic Tension and Trait Anger

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E d i t o r	R e v i e w e r s
Andrés M. Pérez-Acosta <sup>id</sup> Observatory of Self-Medication Behavior, School of Medicine and Health Sciences, Universidad del Rosario, Bogotá, Colombia andres.perez@urosario.edu.co	<b>Reviewer 1:</b> Kaiwen Bi <sup>id</sup> Department of Social Work and Social Administration, The University of Hong Kong, Hong Kong, China Email: kaiwenbi@connect.hku.hk <b>Reviewer 2:</b> Mahdi Zare Bahramabadi <sup>id</sup> Associate Professor, Research Institute for Research and Development of Humanities Samat, Tehran, Iran. zare@samat.ac.ir

### 1. Round 1

#### 1.1. Reviewer 1

Reviewer:

In the introduction (Paragraph 1), the statement “...posing risks to both mental and physical health” is too general. It would strengthen the rationale if you specified the types of physical conditions (e.g., hypertension, gastrointestinal disorders) empirically linked to trait anger.

The introduction includes diverse studies (e.g., postural dysfunctions, psychiatric disorders, vulvodynia) within a single paragraph (Paragraph 5). This results in a diffusion of focus. Consider splitting the paragraph or clarifying the unifying construct.

In the final paragraph of the introduction, while citing Sharma (2007) and Young (2001), include discussion of cultural sensitivity in applying yogic breathing in Western populations. How was cultural adaptation handled in your intervention?

Although ANOVA was performed, the sample size (n=30) is small. Was a priori power analysis conducted to justify the sample size and detect medium effect sizes?

In “participants anecdotally reported improved speech fluency...” (Discussion), consider including a qualitative component or footnote describing how these observations were gathered and whether they were systematically recorded.

Authors revised the manuscript and uploaded the document.

## 1.2. Reviewer 2

Reviewer:

The claim that “Relaxation-based practices... help deactivate hypertonic muscle states” (Paragraph 2) would benefit from citation of a physiological mechanism or neuroendocrine pathway to support the explanation.

In Paragraph 3, studies from Wahyuningsih et al. (2020, 2024) are cited. Consider emphasizing the temporal progression and methodological differences between these two studies to avoid reader confusion.

Paragraph 4 combines environmental adaptation (e.g., high altitude lung capacity) with psychophysiological interventions. The relevance of Hsia et al. (2007) is unclear unless you clarify how breathing techniques mimic such environmental adaptations.

Tables 2 and 3 provide inferential statistics, but confidence intervals for mean differences are missing. Adding them would provide more interpretability of the effect sizes.

You state that the groups were “matched in terms of age, gender, and education.” Were any statistical tests (e.g., chi-square, t-test) performed to confirm equivalence at baseline?

The sentence “...may be attributed to neuroplastic effects of regular breath-focused practice” (Discussion) is speculative and not supported by evidence. Either provide citation or rephrase as a hypothesis for future research.

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## 2. Revised

Editor’s decision: Accepted.

Editor in Chief’s decision: Accepted.