





# Examining the Effectiveness of Integrative Training in Mindfulness Techniques and Self-Care on the Resilience of Parents with Children with Developmental Delay (A Single-Subject Study)

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The statement, “Resilience is determined by an individual’s response to stressful life events or prolonged exposure to stress” should be supported with more recent references from resilience research in parental psychology.

The sentence, “The researcher, who has over ten years of clinical experience with children...” should clarify whether the researcher was also the intervention facilitator or if additional trained professionals conducted the sessions.

The sentence, “These findings align with previous research conducted by Cheraghpour Khankdar (2021), Naseri Garagoun et al. (2021)...” should provide a clearer explanation of how the results compare to those studies in terms of effect sizes and sample characteristics.

Response: Revised and uploaded the manuscript.

## 1.2. Reviewer 2

Reviewer:

“While no prior research has examined the combined effects of all self-care components on resilience in Iran or internationally...” should provide a more detailed review of what specific self-care components have been examined separately in previous studies.

The intervention section states, “The integrative training sessions on mindfulness techniques and self-care were designed to enhance resilience...” but does not provide an overview of session content. A brief summary of key mindfulness and self-care activities per session would improve replicability.

The justification for integrating mindfulness and self-care should reference specific psychological models or frameworks that support the combination of these interventions.

The statement, “A closer examination of the changes indicated that the percentage of improvement among participants... was statistically significant” should specify which statistical test was used to determine significance.

The discussion of effect size should include the numerical values for effect size (e.g., Cohen’s d or eta squared) to support claims about the intervention’s effectiveness.

The statement, “Engaging in mindfulness exercises fosters various mindfulness-related components...” should specify which mindfulness components (e.g., acceptance, non-reactivity) were most relevant for increasing resilience in parents.

Response: Revised and uploaded the manuscript.

## 2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.