





# The Effectiveness of Self-Compassion Therapy on Reducing Parenting Stress and Improving Parent-Child Relationship Quality

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E d i t o r	R e v i e w e r s
Parisa Nilforooshan <sup></sup> Professor of Psychology Associate Professor, Counseling Department, Faculty of Educational Sciences and Psychology, Isfahan University, Isfahan p.nilforooshan@edu.ui.ac.ir	<b>Reviewer 1:</b> Mohsen Kachooei <sup></sup> Assistant Professor of Health Psychology, Department of Psychology, Humanities Faculty, University of Science and Culture, Tehran, Iran. kachooei.m@usc.ac.ir <b>Reviewer 2:</b> Nadereh Saadati <sup></sup> Department of Couple and Family therapy, Alliant International University, California, United States of America. mdaneshpour@alliant.edu

## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The sentence, "In self-compassion therapy, individuals learn to treat themselves as a kind friend," is impactful but would benefit from a supporting example or evidence. Consider elaborating on how this is practically achieved within therapy sessions.

The session descriptions are detailed but lack examples of the exercises used. For instance, in Session 4, what specific techniques were taught to manage parenting stress? Providing concrete examples could increase replicability.

The reliability and validity metrics for the Parenting Stress Index-Short Form (PSI-SF) are provided. However, include whether these metrics were validated for the cultural context of the participants, as this might influence outcomes.

The discussion states, "Self-compassion allows parents to support themselves rather than blame themselves." This assertion is valid but would be enriched by linking it to psychological theories or models, such as emotion regulation frameworks.

Authors revised the manuscript and uploaded the document.

## 1.2. Reviewer 2

Reviewer:

While the importance of parenting stress is highlighted, the uniqueness of this study compared to prior research (e.g., Jones & Prinz, 2018) is not explicitly stated. Strengthen this section by clarifying the novel contributions of this study.

The inclusion criteria state “parents with children aged 6 to 12.” Was any effort made to ensure demographic diversity in terms of socioeconomic status, ethnicity, or other factors? Clarifying this will enhance the study's generalizability.

The table shows significant changes but does not include effect sizes. Adding effect sizes (e.g., Cohen's d) would offer readers a better understanding of the practical significance of the findings.

The results mention ANCOVA without detailing the assumption checks (e.g., homogeneity of regression slopes). Was this evaluated? Adding this information ensures methodological rigor.

The one-month follow-up is relatively short for assessing intervention stability. Discuss this limitation and suggest how longer follow-ups could potentially yield more robust findings.

Authors revised the manuscript and uploaded the document.

## 2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.