

# The Effectiveness of Self-Compassion on the Regulation of Excessive Hostility and Emotional Dysregulation in Mothers with Depressive Symptoms

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

It would strengthen the argument to briefly mention the physiological or neurobiological underpinnings of emotional dysregulation in depression to provide a more comprehensive theoretical framework.

This is a significant limitation. Consider discussing how convenience sampling may have introduced selection bias and how this might affect the study's external validity.

A clearer description of the protocol is needed. Was the intervention delivered by trained therapists, and were there fidelity checks to ensure consistency in implementation?

Include confidence intervals alongside effect sizes to provide a clearer understanding of the precision of the statistical estimates.

Provide a brief summary of these studies to show how their findings support the current study's results, rather than just citing them.

Authors revised the manuscript and uploaded the document.

## 1.2. Reviewer 2

Reviewer:

The term "unreasonable and maladaptive violence" may be too strong. Consider revising to "maladaptive expressions of anger and hostility" to maintain a more neutral tone.

Provide a brief summary of existing research demonstrating the effectiveness of self-compassion training in clinical settings to justify its use in this study.

Specify how depressive symptoms were diagnosed or screened. Was a standardized clinical interview used, or were self-report measures the primary method of diagnosis?

Provide a reference to any validation studies that confirm the reliability and validity of the Persian version used in this study.

Indicate the reliability coefficients (e.g., Cronbach's alpha) for the specific subscales used in the study, as this will help assess the robustness of the measurement tools.

It would be beneficial to outline the specific exercises or components of each session in more detail, particularly regarding how they target excessive hostility and emotional dysregulation.

Clarify whether any assumptions of ANCOVA (e.g., homogeneity of variances, normality) were checked and how any violations were addressed.

It would be helpful to provide a flowchart illustrating participant selection, dropout rates, and reasons for exclusion to improve transparency in reporting.

Consider discussing the potential mechanisms behind this effect, such as how self-compassion influences cognitive appraisal and emotion regulation strategies.

It would be beneficial to discuss whether any qualitative feedback from participants was collected to provide further insights into their experiences with the intervention.

Authors revised the manuscript and uploaded the document.

## 2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.