




Identification and Ranking of Motivational Factors Influencing the Tendency Toward a Health-Promoting Lifestyle in Women with Eating Disorders

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1. Round 1

1.1. Reviewer 1

Reviewer:

The statement “Eating disorders... represent a complex interplay of psychological, physiological, and social variables” would benefit from specifying how these dimensions interact within the Iranian cultural context, as cultural factors are central to the article’s rationale.

It states “qualitative data were analyzed and coded using NVivo 14 software...” but omits coder reliability verification. Mentioning inter-coder agreement or expert audit would strengthen methodological rigor.

The discussion restates the ranking results but does not explicitly connect them to the research question or theoretical models. Add a statement such as “This supports the self-determination framework emphasizing autonomy as the highest motivational form.”

The statement “Emotional regulation is not merely an adjunct to behavioral change...” is insightful; however, empirical examples (e.g., mindfulness-based interventions in Iranian women) would enhance applied relevance.

The discussion successfully integrates findings across domains but lacks a concise conceptual model or visual framework. Adding a figure summarizing the hierarchical structure of motivational factors would enhance interpretability.

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

The sentence “Emotional eating—defined as consuming food in response to negative affect...” is well written, yet the paragraph lacks reference to gender-specific emotional regulation literature. Including this would strengthen the “Psychology of Woman” journal alignment.

The authors cite Protection Motivation Theory but do not justify why it was chosen over other health behavior theories (e.g., Theory of Planned Behavior or Transtheoretical Model). A short justification would enhance theoretical coherence.

The statement “Given this background, the present study aims to identify and rank...” is concise. However, adding one sentence explaining why ranking is important (e.g., for intervention prioritization) would clarify the methodological rationale.

The claim “In collectivist cultural contexts, such as Iran, the family unit and community norms play a particularly powerful role...” is strong but should be substantiated with at least one cited Iranian study for cultural validity.

The authors write “The impact of behavioral regulation may be secondary to emotional and cognitive readiness.” This is a valuable insight; consider suggesting a mediational model where behavioral regulation mediates between intrinsic motivation and outcomes.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor’s decision: Accepted.

Editor in Chief’s decision: Accepted.