

The Impact of a Structured Social Workshop on Risk Behaviors and Mood Regulation

Saeed Abdullah. Al-Dossary¹, Irmak. Atak², Neda. Atapour^{3*}


¹ Psychology Department, College of Education, University of Ha'il, Ha'il, Saudi Arabi

² Department of Social Work, Istanbul Sabahattin Zaim University, Istanbul, Turkey



³ Department of Psychology and Counseling, KMAN Research Institute, Richmond Hill, Ontario, Canada

* Corresponding author email address: nedaatapour@kmanresce.ca

Editor

Seyed Hadi Seyed Alitabar 
Department of Psychology and Counseling, KMAN Research Institute, Richmond Hill, Ontario, Canada
hadialitabar@kmanresce.ca

Reviewers

Reviewer 1: Seyed Amir Saadati 
Master of Clinical Science, School of Health Studies Department, Western University, Ontario, Canada. Email: Ssaadat6@uwo.ca
Reviewer 2: Fereydon Eslami 
Department of Psychology and Counseling, KMAN Research Institute, Richmond Hill, Ontario, Canada. Email: fereydoneaslami@kmanresce.ca

1. Round 1

1.1. Reviewer 1

Reviewer:

The description of the Social Connectedness Workshop sessions is valuable. However, for replicability, consider adding more detail about the specific cognitive-behavioral techniques and experiential exercises used. This would provide clearer guidance for researchers or practitioners who wish to implement similar workshops.

The analysis is thorough, but the manuscript would benefit from including the effect size for each significant finding in addition to the p-values and F statistics. This would give a clearer picture of the magnitude of the workshop's effects on the measured outcomes.

While the study design appropriately includes a control group, there is little discussion on any activities or engagements the control group might have had during the study period. Addressing this could help rule out external factors contributing to the observed differences.

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

The discussion insightfully interprets the study findings; however, integrating a discussion on how these outcomes might differ with a more diverse or larger sample could enrich the analysis.

Ensure all references are up-to-date and consider including more recent studies to reflect the current state of research in social connectedness and mental health interventions.

Some technical descriptions, particularly in the Methods section, could be clarified. For instance, specifying the software used for statistical analysis and any settings or assumptions made during the analysis would provide clarity.

While the results are compelling, briefly discussing and ruling out alternative explanations for the observed improvements in the experimental group would strengthen the argument for the workshop's effectiveness.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.