




# Investigating the Effectiveness of Transactional Analysis (TA) Training on the Mental Health of Female Middle School Students

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

Provide a more comprehensive background on the principles of Transactional Analysis and its relevance to adolescent mental health. This should include a synthesis of existing research on TA's effectiveness in similar contexts.

Clearly articulate the gap in the literature that your study aims to fill. While you mention the importance of TA training, a more detailed discussion on the specific deficits in current research regarding TA's impact on middle school students' mental health would strengthen the rationale for your study.

If data permits, perform subgroup analyses to explore whether the intervention's effect varied across different demographics or baseline mental health statuses within the sample.

Compare your findings with other studies on TA training and other psychological interventions aimed at improving adolescent mental health. This comparison should highlight the unique contributions and potential advantages of TA.

Discuss the limitations in greater detail, including how they might affect the study's generalizability and the interpretation of its findings.

Suggest avenues for future research that could address the limitations noted, explore long-term effects of TA training, and examine its applicability to diverse populations or settings.

While you mention adherence to the Helsinki Declaration, a more detailed discussion on the ethical considerations specific to working with middle school students and conducting interventions in school settings would enhance the paper.

Response: Revised and uploaded the manuscript.

### *1.2. Reviewer 2*

Reviewer:

Justify the choice of sample size and the specific school selected for the study. Discuss any potential biases and how they were mitigated.

Elaborate on how the control group was managed during the study period to ensure that observed differences were solely attributable to the intervention.

Provide more detailed descriptions of the TA training sessions, including the curriculum's specific content, instructional methods, and how engagement was measured and maintained.

Offer hypotheses or discussions on the mechanisms through which TA training might improve mental health among adolescents. Include considerations of emotional intelligence, communication skills, and self-awareness.

Discuss the practical implications of your findings for school-based mental health programs. Provide specific recommendations for educators and policymakers on implementing TA training.

Ensure that the paper is consistently formatted according to journal guidelines. Clarify complex jargon and ensure that the writing is accessible to readers not familiar with TA or psychological research methodologies.

Response: Revised and uploaded the manuscript.

## **2. Revised**

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.