Jundishapur Journal of Chronic Disease Care
Volume 14 · Issue 1 · e157066

OPEN PEER REVIEW

The Mediating Role of Shame and Self-criticism in the Relationship Between Early Life Experiences and Suicidal Ideation

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SUBMITTED	REVISED	ACCEPTED	DOI
19 Oct 2024	1 Jan 2025	12 Jan 2025	10.5812/jjcdc-157066

About this report

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1 Original submission

3 comments · 14 Dec 2024 – 16 Dec 2024

Referee 1 Reviewer

MINOR REVISION 14 Dec 2024

Well done on this work. I enjoyed reading it.
However, this manuscript presents several major concerns.

1- Please explain the role of shame and self-criticism in suicidal ideation, based on your review of the literature and the theoretical basis for your choice of topic. It is not enough to simply state that the two are related. Please explain the possibility of their relationship, based on studies or theories.
2- The logic of putting variables together has not been well explained.
3- Please mention the tool in the methodology section of the abstract.
4- The logic of the work and research gap are not well conceptualized, and the introduction needs to emphasize the necessity of this work.
5- Please explain the method of data collection and study implementation, the method of referring to participants, etc. in more detail.
6- Your research was conducted in the Iranian population, so relevant studies in Iran should be cited as well.
7- How did you investigate psychiatric diseases?
8- What did you do to prevent the respondents from answering randomly?

Associate Editor

MAJOR REVISION 16 Dec 2024

Dear Author,
Based on our reviewer's comments, your manuscript needs some revision in all sections.
Thank you

Editor-in-Chief

MAJOR REVISION 16 Dec 2024

dear Author,
It would be best if you revised your manuscript.
Thank you

2

Revision 1

AUTHORS' RESPONSE TO REVIEWERS

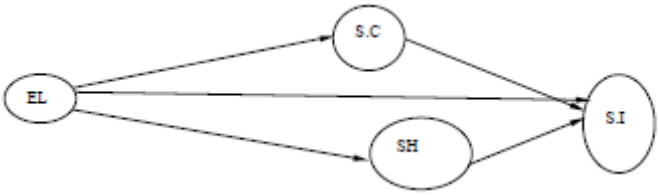
Authors' reply to reviewers

The next pages contain the authors' point-by-point reply to the comments of this revision round, as submitted with the revised manuscript. It is published as the authors wrote it.

Greetings and respect

The objections taken by the judges and the answers given are listed in the table below. Amendments are marked in yellow in the text of the article.

Reviewer 1:	Author's response
1--Please explain the role of shame and self-criticism in suicidal ideation, based on your review of the literature and the theoretical basis for your choice of topic. It is not enough to simply state that the two are related. Please explain the possibility of their relationship, based on studies or theories.	1- - The role of shame and self-criticism in suicide was mentioned in the introduction. The role of shame and self-criticism in explaining suicidal thoughts is explained in the discussion section of the article. Related findings are mentioned in the introduction. Considering that researches that have not directly examined the role of self-criticism and shame in the relationship between early life experiences, related researches were conducted. 1- Mahdavi Rad et al. (46) investigated the mediating role of shame and self-criticism in the relationship between attachment styles and severity of depression symptoms. The results of Mahdavi Rad et al. (46) showed that the anxious-avoidant insecure attachment path and the anxious-ambivalent insecure attachment path are significant to the severity of depression symptoms with the mediation of shame and self-criticism. 2- Campos and Mesquita (47) investigated the pattern of suicide, which includes dependency, self-criticism, depression, anger-temperament, and anger (that is, expressing anger against oneself) in teenagers. Self-criticism, dependency and anger-temperament play a role in predicting depression, which directly or indirectly predicts suicide through internal anger. Also, in a sample of depressed adults, increased self-criticism was associated with greater likelihood of suicidal behaviors (48). 47-Campos, R.C, Mesquita, C. (2014). Testing a model of suicidality in community adolescents: a brief report. J. Child Adolescent Behav. 3(147) :34–56. 48- Campos, R.C., & Holden, R.R. (2014). Suicide risk in a Portuguese non-clinical sample of adults. Eur. J. Psychiatry. 28(4):230–41.

2- The logic of putting variables together has not been well explained.	2- - The logical pattern of putting variables together is because the relationship between early life experiences and suicidal thoughts is not a linear and direct relationship, but variables can play a mediating role in this relationship, and these variables can be shame and self-criticism. According to the theoretical foundations, early experiences can cause shame and then self-criticism, and shame and self-criticism can cause suicidal thoughts, which is confirmed by the theoretical foundations, and our goal was to fit this model in terms of research.  Figure 1: The assumed pathological model of suicidal ideation in students S.I = suicidal ideation, ELX = early life experiences, SH = shame, SC = self-criticism
3- Please mention the tool in the methodology section of the abstract.	3- - The tools and their abbreviations were given in the abstract. Self-Criticizing/Attacking and Self-Reassuring Scale-Short Form (FSCRS-SF), Beck Suicide Idiation Scale (BSSI), Early life experience scale(ELES) and The External and Internal Shame Scale (EISS)
4- - The logic of the work and research gap are not well conceptualized, and the introduction needs to emphasize the necessity of this work.	4- - The logic of the work and the gap and vacuum of the research were given in the introduction. To identify groups at risk of suicide, a comprehensive evaluation of individual and social characteristics of recent tensions and mental disorders is needed.Considering the importance of thinking about suicide, planning to control and prevent suicide requires accurate identification of underlying factors. Among the basic underlying factors in the phenomenon of suicide are early life experiences, shame and self-criticism. Identification of risk factors can be used to design preventive activities to reduce the prevalence of morbidity and mortality associated with depression and suicide. Given the complex and multidimensional nature of early life experiences with suicidal ideation, the relationship between these variables does not

seem to be linear and direct, and variables intervene in relation to them. A review of research findings also confirms this. But the question arises as to whether the relationship between early life experiences and suicidal ideation is a simple and direct one, or whether other psychological variables may also play a mediating role. In this study, we examine the mediating role of shame and self-criticism. Therefore, the present study aimed to investigate the mediating role of shame and self-criticism in the relationship between early life experiences and suicidal ideation in students.

The logical pattern of putting variables together is because the relationship between early life experiences and suicidal thoughts is not a linear and direct relationship, but variables can play a mediating role in this relationship, and these variables can be shame and self-criticism. According to the theoretical foundations, early experiences can cause shame and then self-criticism, and shame and self-criticism can cause suicidal thoughts, which is confirmed by the theoretical foundations, and our goal was to fit this model in terms of research.

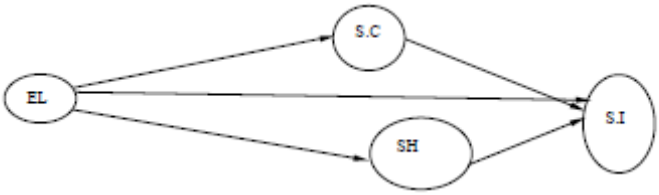


Figure 1: The assumed pathological model of suicidal ideation in students S.I = suicidal ideation, ELX = early life experiences, SH = shame, SC = self-criticism

Suicidal ideation is very important in students. If this important issue is not paid enough attention, it will have serious and irreparable consequences. Therefore, to identify groups at risk of suicide, a comprehensive assessment of individual and social characteristics of recent tensions and mental disorders is needed. Research on suicide and self-harm is important for three reasons: first, because they represent a huge health burden, and because suicide leads to one million deaths worldwide each year; second, to support the growing efforts of the World Health Organization and other organizations to Implementation of the work program in low-income mental health institutions requires the identification of optimal referral strategies for the screening of key risk factors. Third, the identification of

	risk factors can be used to design preventive activities to reduce the prevalence of morbidity and mortality associated with depression and suicide. Suicide is a phenomenon that can be explained in a set of interacting and intertwined factors, and any single-causal explanation of it will not be a correct expression of its multifaceted nature. Although suicide is seen among all age groups, it causes the loss of more potential years in the young, which is of great importance. Also, not being familiar with the problems faced by young people is not only a problem for the mental health of the young people, but it will also be very heavy for their families and society. The problems related to the mental health of students are numerous and very challenging and can Involve the university environment. It seems necessary to identify risk factors in students when they enter the university. Between 2000 and 2007, 256,085 people died by suicide in the United States. The global suicide rate is 16 per 100,000 people, or one death every 40 seconds. In a broader view, it can be said that the problems that arise as a result of suicidal thoughts, due to the effects they have on work productivity, professional training and opportunities to improve living standards, as well as increasing treatment costs, impose a burden on public health, the economy and the progress of a country. they do Due to the importance of the mediating role of shame, self-criticism with suicidal thoughts, and due to its effect on the level of optimal behavior and psychological development, it is important to conduct such research. As far as we know, neither abroad nor in Iran, there has been no study regarding the importance of the mediating role of shame, self-criticism in the relationship between early experiences and suicidal thoughts. Considering the complex and multidimensional nature of these variables, it seems that the relationship between early life experiences and suicidal thoughts is not linear and direct, and variables intervene in

	relation to them. Considering that psychiatric disorders have severe psychological consequences, determining its predictive factors can be an important step in the direction of intervention in these symptoms. Using the results of this research to improve the level of academic and family performance is considered exploratory. Also, policymakers should be aware of these risk factors so that they can provide coordinated and comprehensive educational and social opportunities to strengthen resilience and, if necessary, provide preventive and therapeutic mental health interventions for talented students with real mental problems. .
5 .Please explain the method of data collection and study implementation, the method of referring to participants, etc. in more detail.	5- - The type of research, collection method and implementation of the research were mentioned in more detail. The current research is of a fundamental type and is among descriptive and correlational research. The correlation research design is of structural equation modeling type. Correlation research is one of the descriptive (non-experimental) research methods that examines the relationship between variables based on the purpose of the research. This study method has been chosen for this reason: 1 (it allows us to investigate the relationship of many variables with psychiatric disorders, 2) there is no need to manipulate the study variables in the participants to investigate psychiatric problems, and 3) Correlation research design allows to discover possible cause and effect patterns in relation to psychiatric disorders, which can be used in future studies to plan clinical trials to reduce psychiatric problems. To determine the sample size, a very important question in structural equation modeling is to determine the minimum sample size necessary to collect data related to structural equation modeling. If structural equation modeling is used, about 20 samples are needed for each factor (latent variable). On the other hand, a sample size higher than 200 is recommended for good structural equation modeling. In order to estimate the sample size

	in researches based on path analysis, Klein divides the types of researches into three types: simple, slightly complex, and complex pattern, stating that the sample size in simple patterns is below 100, in slightly complex patterns, between 100 to 200 and more than 200 people in complex patterns. The recommended sample size for structural equation modeling is 200 people. According to the number of investigated variables in the current research, the sample size was estimated to be 296 people. Out of the statistical population of the research, 296 students participated in the study using available sampling method and completed the questionnaires. Execution method: The method of conducting this research was to complete a questionnaire. During the implementation of the research, if an incident occurs that violates the continuation of the research, the cooperation with the volunteer will be terminated. After approving the proposal and obtaining permission, the link to the prepared questionnaires was provided to the subjects. If there was any ambiguity in answering the questions, we would clear it up and clarify the questions. At the same time, the participants were free to refuse to continue cooperation at any stage of the research. At the same time, in order to increase the accuracy and motivation of the volunteers to cooperate and ensure the correctness of the answers, they were told that if they want to know the results of the research, they can send their e-mail address to the researcher. The implementation of this research does not impose any financial costs on the participants. **Metho**
6- Your research was investigated in the Iranian population, so relevant researches in Iran should be cited as well.	6- - There is no research that directly examines the relationship of these variables in the form of modeling in the country, and two related studies that were conducted by Zahedi and Mahdavi Rad and Salarian were mentioned. Mahdavi Rad et al. (46) investigated the mediating role of shame and self-criticism in the relationship between attachment styles and severity of depression symptoms. The results of Mahdavi Rad et al. (46) showed that the anxious-avoidant insecure attachment path and the anxious-ambivalent insecure attachment path are significant to the severity of depression symptoms with the mediation of shame and self-criticism.

	Mahdavi Rad H, Zahedi Tajrishi K, Ramezanifarani A, Asgharnejad Farid A. The Mediating Role of Shame and Self-criticism in the Relationship Between Attachment Styles and Severity of Depressive Symptoms. IJPCP 2023; 28 (4) :492-507 In a study, Salarian et al. (49) examined the relationship between early victimization experiences related to body image and the severity of binge eating symptoms with the mediation of shame towards body image and self-criticism. The results of Salarian et al. (49) showed that self-criticism and body image shame can mediate the relationship between early victimization experiences related to body image and the severity of binge eating symptoms in an Iranian sample. Salarian Kaleji Z, Poursharifi H, Dolatshahi B, Momeni F. The Relationship Between Body Image Victimization Experiences and Binge Eating Symptoms: The Mediating Role of Body Image Shame and Self-Criticism. IJPCP 2022; 28 (1) :48-61
7- *How did you investigate psychiatric diseases?*	7- - Considering that the design is correlational and it was done on a sample of the general population, psychiatric disorders cannot be screened. And our goal was to investigate suicidal ideation, and the goal is not and was not to screen for mental disorders, and it is not possible to screen these disorders in such a research, because screening for maladaptive mental disorders is based on a structured clinical interview based on DSM-5.
8- *What did you do to prevent the respondents from answering randomly?*	8- - The explanation is given below. When collecting the questionnaires, incomplete questionnaires were not included in the analysis. The questionnaire was looked at visually, and those who answered randomly, for example, all the options were completely agree, were left out of the research and were not included in the analysis. Participation in the research was completely optional. To control the effect of fatigue and randomly answering the questionnaires, the subjects were given in different order. In order to increase the accuracy and motivation of the volunteers to cooperate and ensure the correctness of the answers, they were told that if they want to know the results of the research,

	they can send their e-mail address to the researcher.
Reviewer 1: *9- In the introduction section, there is no mention of similar researches that have been conducted in Iran. Bring research related to the subject, both inside and outside the country.*	9- - There is no research that directly examines the relationship of these variables in the form of modeling in the country, and two related studies that were conducted by Zahedi and Mahdavi Rad and Salarian were mentioned. After controlling demographic variables, Afifi et al. concluded that the experience of parental divorce and childhood abuse alone is related to some psychiatric disorders, suicidal thoughts and suicide attempts. In their study, having both experiences of parental abuse and divorce significantly predicted the possibility of PTSD, conduct disorder, and suicide attempts. In a study, Amrman et al investigated the mediating role of self-criticism in the relationship between parents' emotional expressiveness and non-suicidal self-injury. 294 teenagers and young adults completed the questionnaires. The results showed that self-criticism mediates the relationship between parents' emotional expressiveness and the occurrence of non-suicidal self-injury. Ixavier et al investigated the mediating role of self-criticism and depression in the relationship between emotional experiences with parents and peers with self-injury. The results showed that negative experiences with parents and being victimized indirectly affect non-suicidal self-injury. Seskoski et al.(175) investigated the relationship between childhood abuse, shame, depression, guilt, and suicidal thoughts in a sample of outpatient adolescent patients. 112 adolescents between the ages of 12 and 17 were examined. Indirect effects of childhood maltreatment through self-conscious emotions on suicidal thoughts were confirmed. Indirect negative effects of physical abuse on suicidal thoughts were observed through shame and guilt and depression. Campos and Mesquita (47) investigated the pattern of suicide, which includes dependency, self-criticism, depression, anger-temperament, and anger (that is, expressing anger against oneself) in teenagers. Self-criticism, dependency and anger-temperament play a role in predicting depression, which directly or indirectly predicts suicide through internal anger. Also, in a sample of depressed adults, increased self-criticism was associated with

	greater likelihood of suicidal behaviors (48). Mahdavi Rad et al. (46) investigated the mediating role of shame and self-criticism in the relationship between attachment styles and severity of depression symptoms. The results of Mahdavi Rad et al. (46) showed that the anxious-avoidant insecure attachment path and the anxious-ambivalent insecure attachment path are significant to the severity of depression symptoms with the mediation of shame and self-criticism. In a study, Salarian et al. (49) examined the relationship between early victimization experiences related to body image and the severity of binge eating symptoms with the mediation of shame towards body image and self-criticism. The results of Salarian et al. (49) showed that self-criticism and body image shame can mediate the relationship between early victimization experiences related to body image and the severity of binge eating symptoms in an Iranian sample.
10- The gap and the necessity of research should be mentioned.	10- - The research gaps were mentioned in the article and are listed below. - To identify groups at risk of suicide, a comprehensive evaluation of individual and social characteristics of recent tensions and mental disorders is needed.Considering the importance of thinking about suicide, planning to control and prevent suicide requires accurate identification of underlying factors. Among the basic underlying factors in the phenomenon of suicide are early life experiences, shame and self-criticism. Identification of risk factors can be used to design preventive activities to reduce the prevalence of morbidity and mortality associated with depression and suicide. Given the complex and multidimensional nature of early life experiences with suicidal ideation, the relationship between these variables does not seem to be linear and direct, and variables intervene in relation to them. A review of research findings also confirms this. But the question arises as to whether the relationship between early life experiences and suicidal ideation is a simple and direct one, or whether other psychological variables

may also play a mediating role. In this study, we examine the mediating role of shame and self-criticism. Therefore, the present study aimed to investigate the mediating role of shame and self-criticism in the relationship between early life experiences and suicidal ideation in students.

Suicidal ideation is very important in students. If this important issue is not paid enough attention, it will have serious and irreparable consequences. Therefore, to identify groups at risk of suicide, a comprehensive assessment of individual and social characteristics of recent tensions and mental disorders is needed. Research on suicide and self-harm is important for three reasons: first, because they represent a huge health burden, and because suicide leads to one million deaths worldwide each year; second, to support the growing efforts of the World Health Organization and other organizations to Implementation of the work program in low-income mental health institutions requires the identification of optimal referral strategies for the screening of key risk factors. Third, the identification of risk factors can be used to design preventive activities to reduce the prevalence of morbidity and mortality associated with depression and suicide.

Suicide is a phenomenon that can be explained in a set of interacting and intertwined factors, and any single-causal explanation of it will not be a correct expression of its multifaceted nature. Although suicide is seen among all age groups, it causes the loss of more potential years in the young, which is of great importance. Also, not being familiar with the problems faced by young people is not only a problem for the mental health of the young people, but it will also be very heavy for their families and society. The problems related to the mental health of students are numerous and very challenging and can Involve the university environment. It seems necessary to identify risk factors in students when they enter the university. Between 2000 and 2007, 256,085 people died by suicide in the United States. The global suicide rate is 16 per 100,000 people, or one death every 40 seconds.

In a broader view, it can be said that the problems that

	arise as a result of suicidal thoughts, due to the effects they have on work productivity, professional training and opportunities to improve living standards, as well as increasing treatment costs, impose a burden on public health, the economy and the progress of a country. they do Due to the importance of the mediating role of shame, self-criticism with suicidal thoughts, and due to its effect on the level of optimal behavior and psychological development, it is important to conduct such research. As far as we know, neither abroad nor in Iran, there has been no study regarding the importance of the mediating role of shame, self-criticism in the relationship between early experiences and suicidal thoughts. Considering the complex and multidimensional nature of these variables, it seems that the relationship between early life experiences and suicidal thoughts is not linear and direct, and variables intervene in relation to them. Considering that psychiatric disorders have severe psychological consequences, determining its predictive factors can be an important step in the direction of intervention in these symptoms. Using the results of this research to improve the level of academic and family performance is considered exploratory. Also, policymakers should be aware of these risk factors so that they can provide coordinated and comprehensive educational and social opportunities to strengthen resilience and, if necessary, provide preventive and therapeutic mental health interventions for talented students with real mental problems. .
11- Explain how to deal with outlier data and incomplete questionnaires.	11-. − Questionnaires that did not answer more than 5% of the questions were not included in the analysis. If the participant did not answer one or two questions, the average of that question was considered as an alternative. Questionnaires that were collected in the form of a link, because all the questions had to be answered before the submit button was pressed, data outliers were not possible. Also, the lowest and most, etc. were checked in the

	spss software so that there is no missing data.
12- *How were mental disorders screened?*	12- - Considering that the design is correlational and it was done on a sample of the general population, psychiatric disorders cannot be screened. And our goal was to investigate suicidal ideation, and the goal is not and was not to screen for mental disorders, and it is not possible to screen these disorders in such a research, because screening for maladaptive mental disorders is based on a structured clinical interview based on DSM-5.
13- *Given that the subject is suicide and the questionnaires are self-reporting, they may not report for fear of stigma and ...*	13- - Dear referee, yes, your words are absolutely correct, and considering that it is a suicide issue, they may not report it. Or to show themselves well and this is one of the weaknesses of questionnaire works and correlational research. With an emphasis on secrecy and confidentiality and dissociation. Group analysis tried to overcome this problem.
14- The method of conducting the research is not clear, how people became aware and entered the research.	14- - The details of the research were given in detail above. Considering that the correlation design and sampling method were available and the researcher had access to the participants in the university, class and dormitory environment, there was no need to call. In interventional research, there is a need for calling and informing. The implementation of this research was in the form of completing a questionnaire. During the implementation of the research, if an incident occurs that violates the continuation of the research, the cooperation with the volunteer will be terminated. After approving the proposal and obtaining permission, the link to the prepared questionnaires was provided to the subjects. If there was any ambiguity in answering the questions, we would clear it up and clarify the questions. At the same time, the participants were free to refuse to continue cooperation at any stage of the research. At the same time, in order to

	increase the accuracy and motivation of the volunteers to cooperate and ensure the accuracy of the answers, they were told that if they want to know the results of the research, they can send their e-mail address to the researcher. The implementation of this research does not impose any financial costs on the participants. **:Implementation**
15- *The discussion is not well explained and should be compared with other studies.*	15- - The discussion part was compared with other researches such as the researches of Ixavier, Emmerman and Seskoski, etc. Sekowski et al. (43) examined the relationship between childhood maltreatment, depression, guilt, shame, and suicidal ideation in a sample of outpatients. The indirect effects of childhood maltreatment through self-conscious emotions on suicidal ideation were confirmed. Xavier et al. (44) showed that external shame, self-hated, and fear of self-compassion indirectly lead to non-suicidal self-injury. In a study, Ammerman et al.(50) investigated the mediating role of self-criticism in the relationship between parents' emotional expressiveness and non-suicidal self-injury. 294 teenagers and young adults completed the questionnaires. The results showed that self-criticism mediates the relationship between parents' emotional expressiveness and the occurrence of non-suicidal self-injury (50). Xavier et al.(51) investigated the mediating role of self-criticism and depression in the relationship between emotional experiences with parents and peers with self-injury. The results showed that negative experiences with parents and being victimized indirectly affect non-suicidal self-harm (51). Ammerman BA, Brown S. The mediating role of self-criticism in the relationship between parental expressed emotion and NSSI. Current Psychology. 2018 Mar;37(1):325-33.

	Xavier A, Pinto-Gouveia J, Cunha M, Carvalho S. Self-criticism and depressive symptoms mediate the relationship between emotional experiences with family and peers and self-injury in adolescence. The Journal of psychology. 2016 Nov 16;150(8):1046-61.
16- *Compare the discussion with the research that has been done in Iran.*	16- - There is no research that directly examines the relationship of these variables in the form of modeling in the country, and two related studies that were conducted by Zahedi and Mahdavi Rad and Salarian were mentioned. Mahdavi Rad et al. (46) investigated the mediating role of shame and self-criticism in the relationship between attachment styles and severity of depression symptoms. The results of Mahdavi Rad et al. (46) showed that the anxious-avoidant insecure attachment path and the anxious-ambivalent insecure attachment path are significant to the severity of depression symptoms with the mediation of shame and self-criticism. Mahdavi Rad H, Zahedi Tajrishi K, Ramezanifarani A, Asgharnejad Farid A. The Mediating Role of Shame and Self-criticism in the Relationship Between Attachment Styles and Severity of Depressive Symptoms. IJPCP 2023; 28 (4) :492-507 In a study, Salarian et al. (49) examined the relationship between early victimization experiences related to body image and the severity of binge eating symptoms with the mediation of shame towards body image and self-criticism. The results of Salarian et al. (49) showed that self-criticism and body image shame can mediate the relationship between early victimization experiences related to body image and the severity of binge eating symptoms in an Iranian sample.
17- *Limitations should be based on the research plan. Other restrictions should be brought.*	17- - More restrictions were imposed. The limitations were based on the research design. methodological limitations. The yellow color is clear in the article. The sample was limited to university students, without excluding them if they had any mental disorders. Limitations of using self-report tools include response set, social desirability, or memory distortion. Some emotional changes such as depression or dissociative states can lead to memory bias or changes. Therefore, it is possible that social acceptability, orientation in self-report, effects of situation and poor recall and errors in

	self-report measurement have an effect on the results of the research. The limitations of the present study are being only limited to student sample, the convenience sampling method, and the correlational research design that cannot conclusively prove causality. These limitations may also limit the generalization of results. It is suggested that experimental designs with more control be used to better understand the factors influencing the relationship between early life experiences and suicidal ideation. It is also recommended to be examined in clinical samples.
18- Suggestions based on limitations should be presented for future research.	18- Suggestions for further research were made at the end of the discussion and conclusion. 1- It is recommended to consider the control of variables that can change the memory. In addition to self-report tools, behavioral or physiological indicators should be used to investigate the cognitive processes and attention of these people. 3- It is suggested to be investigated in clinical samples such as people with borderline personality disorder. 4- It is suggested to use experimental designs with more control to better understand the influencing factors in relation to early life experiences and suicidal thoughts.
19- . *Bring the psychometric properties of the instruments (validity and reliability) and Cronbach's alpha of the instruments.*	20- - The psychometric features of the tools including the validity and reliability of the tools used in the research were given. The Persian version of the scale was standardized by Khanjani et al. The results showed that ELES is a reliable and valid tool with good internal consistency (0.74) and test-retest reliability (0.88). Regarding convergent validity, ELES showed a

	positive and significant correlation with difficulty in emotion regulation (r = 0.26) and borderline personality traits (r = 0.37). Also, it showed a significant negative relationship with compassion (r=0.45), which indicates favorable divergent validity. Sharm scale: Abu Saidi et al. () investigated the psychometric features of the Persian version. The results of confirmatory factor analysis by Abu Saidi et al. () showed that the scale has a two-factor structure and has good confirmatory validity. Cronbach's alpha coefficients were 0.71 for internal shame, 0.78 for external shame, and 0.85 for the whole scale. Abousaedi et al. (54) investigated the psychometric features of the Persian version. The results of confirmatory factor analysis showed that the scale has a two-factor structure and has good confirmatory validity. Cronbach's alpha coefficients were 0.71 for internal shame, 0.78 for external shame, and 0.85 for the whole scale. The Persian version of the scale was standardized by Khanjani et al. The results showed that ELES is a reliable and valid tool with good internal consistency (0.74) and test-retest reliability (0.88). Regarding convergent validity, ELES showed a positive and significant correlation with difficulty in emotion regulation (r = 0.26) and borderline personality traits (r = 0.37). Also, it showed a significant negative relationship with compassion (r=0.45), which indicates favorable divergent validity. The short form of self-criticism/self-reassurance forms scale: in Khanjani et al.'s study, internal consistency was obtained using Cronbach's alpha of 0.87.

20-The English text of the article should be edited.	21- - The entire article was edited by an English language expert.

[.*Translated from Persian by the Brieflands editorial office*]

2 Revision 1

3 comments · 5 Jan 2025 – 12 Jan 2025

Referee 2 Reviewer

ACCEPT 5 Jan 2025

Greetings and respects,
The necessary changes have been made based on the review of the article.

Associate Editor

ACCEPT 12 Jan 2025

Dear Author,
All comments have been addressed, and this version of the manuscript is acceptable.
Thank you.

Editor-in-Chief

ACCEPT 12 Jan 2025

Dear Author,
All comments have been made, and this manuscript is acceptable for publication.
Thank you.