



The Effectiveness of Group Mindfulness Training on Psychological Flexibility and Perceived Stress in Adolescents of Divorce

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1. Round 1

1.1 Reviewer 1

Date: 02 September 2023

Reviewer:

The convenience sampling method and the small sample size limit the generalizability of the study findings. Future studies should employ a stratified random sampling method to ensure a more representative sample of the adolescent population affected by divorce. This approach could enhance the external validity and generalizability of the research findings to a broader population.

The reliance on self-report questionnaires to measure psychological flexibility and perceived stress raises concerns about the construct validity and potential response bias. Incorporating additional objective measures or physiological markers of stress could strengthen the study's internal validity and provide a more comprehensive understanding of the mindfulness training's effects.

While the study outlines the structure of the mindfulness training sessions, a more detailed description of the content and specific exercises taught in each session would enhance the replicability of the study. Future research should include a comprehensive manual or appendix detailing the mindfulness training protocol.

The study focuses solely on the effectiveness of group mindfulness training without comparing its efficacy to other psychological interventions commonly used with adolescents of divorce. Future studies should include comparative groups receiving different types of interventions to establish the relative effectiveness of mindfulness training.

Authors revised the manuscript and uploaded the updated document.

1.2 Reviewer 2

Date: 03 September 2023

Reviewer:

The manuscript could benefit from more advanced statistical analyses to explore potential moderators and mediators of the mindfulness training's effects, such as age, gender, and the duration of time since the parents' divorce.

The study does not adequately control for confounding variables that might influence the outcomes, such as participants' prior exposure to mindfulness or other psychological interventions. Future research should include a thorough screening process to control for these variables or include them as covariates in the analysis to ensure the observed effects are attributable to the mindfulness training.

The study does not discuss the rationale behind the chosen length and frequency of the mindfulness training sessions. Future studies should experiment with different dosages of mindfulness training to determine the optimal length and frequency for achieving significant outcomes.

The manuscript provides limited demographic information about the participants. Future studies should include a more detailed demographic profile to assess the intervention's impact across different subgroups of adolescents of divorce.

Authors revised the manuscript and uploaded the updated document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.