



Effectiveness of Mindfulness-Based Therapy on Dark Personality Traits and Experiential Avoidance in Individuals with Cardiovascular Diseases

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1. Round 1

1.1 Reviewer 1

Date: 13 May 2023

Reviewer:

Introduction, Paragraph 1:

Comment: The introduction could benefit from a more detailed discussion of the global prevalence of cardiovascular diseases. Including statistics from the World Health Organization would provide a broader context for the study.

Methods and Materials, Study Design and Participants, Sentence: "The inclusion criteria for the study were having cardiovascular disease willingness to cooperate consent to participate in the intervention and having a minimum education level of a high school diploma.":

Comment: The inclusion criteria should specify the type of cardiovascular disease (e.g., coronary artery disease, heart failure) to clarify the study population.

Findings and Results, Table 1:

Comment: It would be helpful to include a column for effect sizes in Table 1 to provide a clearer picture of the magnitude of changes observed in the experimental group.

Findings and Results, Paragraph 2:

Comment: The results section should include more detailed reporting of the assumptions tests, particularly the results of the Kolmogorov-Smirnov and Levene's tests. This ensures transparency and allows readers to assess the robustness of the findings.

Findings and Results, Table 2:

Comment: In Table 2, consider including 95% confidence intervals for the F-values to provide additional information about the precision of the estimates.

Discussion, Sentence: "Mindfulness helps individuals face unpleasant feelings thoughts and experiences with greater acceptance.":

Comment: This statement should be supported by references to empirical studies that demonstrate how mindfulness practices lead to greater acceptance of negative experiences.

Discussion, Sentence: "This conscious acceptance enables the individual to recognize and accept painful experiences without judgment and with an open mind.":

Comment: Providing specific examples or case studies from the intervention could illustrate this point more effectively and help readers understand the practical implications.

The author uploaded the revised document.

1.2 Reviewer 2

Date: 17 May 2023

Reviewer:

Introduction, Paragraph 3:

Comment: When discussing dark personality traits, it would be beneficial to provide more recent studies that explore the relationship between these traits and cardiovascular diseases. This would strengthen the argument for the study's relevance.

Introduction, Sentence: "In recent years attention to psychological therapies particularly mindfulness-based therapies as an effective approach in reducing symptoms and improving the quality of life of patients has increased.":

Comment: This sentence would benefit from citation of recent meta-analyses or systematic reviews that support the effectiveness of mindfulness-based therapies in similar populations.

Methods and Materials, Measures, Dark Triad of Personality:

Comment: More detail is needed on how the Dark Triad traits were scored and interpreted. Including sample items from the SD3 would help readers understand what is being measured.

Methods and Materials, Measures, Experiential Avoidance:

Comment: It would be useful to explain why the 10-item version of the Experiential Avoidance Questionnaire was chosen over the original 36-item version. Discussing the advantages of the shorter version in this context would be beneficial.

Methods and Materials, Intervention, Session 1: Introduction to Mindfulness:

Comment: Include more specific information on the mindfulness techniques taught in each session. For instance, what specific breathing exercises or meditation practices were introduced?

Methods and Materials, Intervention, Session 3: Dealing with Emotions:

Comment: Provide examples of the techniques used to help participants recognize and manage emotions. Were any specific tools or frameworks employed, such as emotion regulation strategies?

Methods and Materials, Data Analysis:

Comment: Clarify whether any intention-to-treat analysis was conducted to account for potential dropouts. This would provide a more robust assessment of the intervention's effectiveness.

Discussion, Paragraph 3:

Comment: The discussion should address potential limitations of the study, such as the small sample size and the use of self-report measures, which may introduce bias.

Discussion, Sentence: "These changes not only help improve personal and social relationships but also enhance mental health and overall well-being.":

Comment: Including references to studies that have found similar improvements in social relationships and well-being due to mindfulness-based interventions would strengthen this point.

Conclusion, Sentence: "Consequently this study confirms the effectiveness of Mindfulness-Based Therapy in reducing dark personality traits and experiential avoidance in patients with cardiovascular diseases.":

Comment: The conclusion should also highlight areas for future research, such as investigating the long-term effects of MBT on cardiovascular outcomes or exploring the mechanisms underlying the observed changes.

The author uploaded the revised document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.