



Effectiveness of Mindfulness-Based Therapy on Emotion Regulation and Perception of Rejection in Women with Multiple Sclerosis

Mohammad Najafi Aliekolaei¹, Elham Ghalandari^{2*}, Elham Mostafavi³

¹ M.A. Student in General Psychology, Rouzbahan Institute of Higher Education, Sari, Iran

² M.A. student of Clinical Psychology, Sari Branch, Islamic Azad University, Sari, Iran

³ Ph.D. Student, Department of Psychology, North Tehran Branch, Islamic Azad University, Tehran, Iran

* Corresponding author email address: eghalandari29@gmail.com

Editor	Reviewers
Gholamreza Zourmand ^{id} Department of Physical Education and Sport Science, Huanggang Normal University, Huanggang, China gh.zourmand@hgnu.edu.cn	Reviewer 1: Yaghob Badriazarin ^{id} Associate Professor of Sport Sciences, Tabriz University, Tabriz, Iran. Email: badriazarin@tbzmed.ac.ir Reviewer 2: Mohammad Reza Khodabakhsh ^{id} Department of Psychology, Neyshabour Branch, Islamic Azad University, Neyshabour, Iran. Email: hodabakhsh@ut.ac.ir

1. Round 1

1.1 Reviewer 1

Date: 01 June 2023

Reviewer:

The abstract should include a brief mention of the sample size and the statistical significance of the results to provide a clearer overview of the study's findings. Consider rephrasing: "The results showed a significant effect on emotion regulation ($F = 4.49$, $p = 0.001$) and perception of rejection ($F = 47.34$, $p = 0.001$) in the experimental group compared to the control group."

When discussing the perception of rejection, it would be beneficial to include a brief explanation of how this perception is measured in psychological studies and its broader impacts on mental health (e.g., "Perception of rejection can be quantified using scales like the Adult Rejection Questionnaire, which assesses...").

In the methodology section, the sampling process description (first paragraph) should specify the rationale behind choosing a sample size of 30 and whether any power analysis was conducted to justify this number.

The detailed descriptions of the mindfulness-based therapy sessions (methods section) are thorough. However, consider summarizing key points in a table for easier reference and readability.

The section on measures (emotion regulation and perceived rejection) should include Cronbach's alpha for the study sample to confirm the reliability of the questionnaires used in this specific research.

The justification for using repeated measures ANOVA should be explicitly stated. Include a brief explanation of why this test was chosen over other potential statistical methods.

The ethical considerations section mentions voluntary participation and confidentiality. It would be beneficial to also include how data protection was ensured in accordance with relevant guidelines or regulations.

Tables 1 and 3 should include footnotes explaining any abbreviations used (e.g., SD for Standard Deviation) to ensure clarity for readers unfamiliar with these terms.

In the results section, clarify the practical significance of the findings. For example, discuss how the improvements in emotion regulation and reductions in perceived rejection might translate into real-world benefits for women with MS.

The author uploaded the revised document.

1.2 Reviewer 2

Date: 02 June 2023

Reviewer:

In the introduction, the sentence “Multiple sclerosis affects approximately 2.8 million people worldwide (Sundesjo 2023)” could benefit from a more recent reference or an additional context regarding the geographical distribution of these statistics.

The definition of emotion regulation (paragraph 2 of the introduction) could be enhanced by including a brief explanation of its neural mechanisms or its significance in chronic illness management.

The limitations section should address the potential impact of the small sample size on the generalizability of the findings. Additionally, discuss any limitations related to the quasi-experimental design.

The discussion should elaborate on the mechanisms by which mindfulness-based therapy might influence emotion regulation and perception of rejection. Reference relevant psychological theories or previous research to support these mechanisms.

When stating that the findings align with those of Strauss et al. (2023), Eaton (2023), etc. (discussion section), briefly describe the key findings of these studies to contextualize the comparison.

The author uploaded the revised document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.