



Effectiveness of Mindfulness-Based Cognitive Therapy on Anxiety and Self-Care in Patients with Hypertension

Bitra Mahmoodian¹, Morvarid Rastegar Kuchaksaraei², Fatemeh Karami Alam³, Hadiyeh Amirteimouri⁴,
Shamim Mohammadali Nasab^{5*}

¹ Master of Clinical Psychology, Sari Branch, Islamic Azad University, Sari, Iran

² Master of Clinical Psychology, Sari Branch, Islamic Azad University, Sari, Iran

³ Master of General psychology, Malayer Branch, Islamic Azad University, Malayer, Iran

⁴ Master of Clinical Psychology, Faculty of Educational Sciences and Psychology, Isfahan, Iran

⁵ Master of Clinical Psychology, Ferdous Branch, Islamic Azad University, Mashhad, Iran

* Corresponding author email address: shamim.alinasab1@gmail.com

Editor	Reviewers
Luis Felipe Reynoso-Sánchez Department of Social Sciences and Humanities, Autonomous University of Occident, Los Mochis, Sinaloa, Mexico felipe.reynoso@uadeo.mx	Reviewer 1: Zahra Naghsh Associate Professor, Department of Psychology, University of Tehran, Tehran, Iran. Email: z.naghsh@ut.ac.ir Reviewer 2: Yaghob Badriazarin Associate Professor of Sport Sciences, Tabriz University, Tabriz, Iran. Email: badriazarin@tbzmed.ac.ir

1. Round 1

1.1 Reviewer 1

Date: 03 March 2023

Reviewer:

The definition of anxiety provided ("Anxiety is a general vague and highly unpleasant feeling of unease...") is somewhat broad. Consider citing a specific psychological source, such as the DSM-5, for a more precise definition.

The introduction states, "Self-care clearly increases efficiency and individual skills..." (paragraph on self-care). This statement could be strengthened by providing specific examples or mechanisms through which self-care improves health outcomes.

The section on "Study Design and Participants" mentions convenience sampling. Discuss the potential limitations of this sampling method, such as selection bias, and how it might affect the generalizability of the findings.

In the description of the anxiety measure, the sentence "The scores range from 40 to 160 for each individual" contradicts the previous statement that scores range from 20 to 80. Clarify the scoring range for accuracy.

The reliability coefficients for the self-care questionnaire are mentioned, but the method for calculating these coefficients is not detailed. Specify the population and context in which these reliabilities were assessed to provide more context for their relevance.

The ANCOVA results should include confidence intervals for the effect sizes to provide a range within which the true effect size is likely to fall. This enhances the interpretation of the findings.

While the discussion mentions alignment with prior results, it lacks a detailed comparison with specific studies. Provide a more thorough comparison with existing literature to highlight similarities and differences.

The author uploaded the revised document.

1.2 Reviewer 2

Date: 12 March 2023

Reviewer:

The abstract mentions that the control group "did not receive any specific intervention." Specify if they received any form of placebo or usual care to clarify the study design. This will enhance understanding of the control conditions.

In the paragraph starting with "Various studies have shown the impact of psychological factors...", it would be beneficial to provide more recent references to support the claim about the role of psychological factors in hypertension development. Including recent literature from the past 5 years would strengthen this section.

The intervention section provides a good overview but lacks specific details about the structure of each session. Include more detailed descriptions of activities and discussions conducted in each session to allow replication of the study.

Describe any measures taken to ensure the fidelity of the intervention, such as therapist training or session adherence checklists, to ensure the intervention was delivered as intended.

Table 1 provides descriptive statistics for the experimental and control groups. Adding standard deviations along with the means for clarity would provide a better understanding of data variability.

The discussion states, "Therefore mindfulness-based cognitive therapy affects anxiety in patients with hypertension." This causal interpretation should be softened given the quasi-experimental design. Use language like "is associated with" to avoid overstatement.

Expand on the mechanisms by which mindfulness-based cognitive therapy may reduce anxiety and improve self-care. Integrating theories or models that explain how mindfulness influences psychological processes would add depth.

The author uploaded the revised document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.