



Effectiveness of Mindfulness Therapy in Reducing Guilt, Psychological Distress, and Social Isolation in Overweight Individuals

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1. Round 1

1.1 Reviewer 1

Date: 04 December 2023

Reviewer:

The sentence "This condition not only increases the risk of chronic diseases such as type 2 diabetes cardiovascular diseases and certain types of cancer but also leads to a decrease in quality of life increased mortality and psychological problems (1)." would benefit from specific data or references to studies that quantify the increased risks associated with overweight and obesity to enhance the credibility of the statement.

The sentence "Psychological distress including feelings such as anxiety and depression is very common among overweight individuals." should provide specific prevalence rates or reference specific studies to support this claim.

The statement "This isolation can reduce social support increase feelings of loneliness and ultimately exacerbate psychological distress." would benefit from citing specific studies that document these effects to strengthen the argument.

The criteria for sample selection mention "various genders and socio-economic classes," but the actual distribution of these demographics in the sample is not reported. Including a table or specific percentages would improve transparency and generalizability.

The statement "The results in Table 2 indicate that the ANOVA for the within-group factor (time) is significant and the between-group factor is also significant." would benefit from a discussion on the practical significance of these findings and their implications.

The sentence "Through mindfulness exercises individuals learn to accept their thoughts and feelings without criticism and judgment which can lead to a reduction in guilt." should be supported by specific references to studies that have demonstrated this effect to strengthen the argument.

Authors revised the manuscript and uploaded the updated document.

1.2 Reviewer 2

Date: 05 December 2023

Reviewer:

In the description of the Guilt questionnaire, it would be useful to include a citation for the confirmatory factor analysis that confirmed its validity to allow readers to verify the psychometric properties of the tool.

The description of the mindfulness-based therapy sessions is clear, but it would be beneficial to provide more detail about the qualifications and experience of the therapist leading the sessions to establish credibility and ensure replicability.

The statistical methods section should explicitly mention the assumptions checked for the repeated measures ANOVA, such as normality and sphericity, and how violations (if any) were addressed, for instance by using Greenhouse-Geisser correction.

The table presenting descriptive statistics should include confidence intervals for the means to provide a sense of the precision of the estimates.

The sentence "The results of the repeated measures multivariate ANOVA for the studied variables of guilt psychological distress and social isolation showed that the between-subject effect (group) was significant..." should specify the exact p-values and effect sizes (e.g., partial eta squared) for each variable to quantify the strength of the findings.

The ANOVA table should include the exact p-values rather than just ".001" to provide more precise information about the statistical significance.

The assertion that "Mindful breathing and sitting meditation exercises are among the practices that can help reduce anxiety and stress levels" should be supported by references to specific studies or meta-analyses to enhance credibility.

The sentence "By non-judgmental acceptance and increased awareness of their feelings individuals may develop better abilities to establish healthy social relationships" should be backed by specific studies showing this effect.

The suggestion that "The sample size of this study might not be sufficient to generalize the results to a larger population" could be followed by a power analysis or a discussion of the sample size limitations in more detail to provide a clearer understanding of the study's limitations.

The recommendation that "Combining quantitative and qualitative methods can provide a better understanding of participants' experiences" should include specific suggestions for qualitative methods that could be used, such as in-depth interviews or focus groups.

Authors revised the manuscript and uploaded the updated document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.