




Effectiveness of Mindfulness Training on Experiential Avoidance, Self-Compassion, and Physiological Indices in Women with Breast Cancer


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1. Round 1

1.1. Reviewer 1

Reviewer:

The control group received no intervention, which might confound the results due to a lack of engagement compared to the experimental group. It would be beneficial to include a minimal intervention for the control group to more accurately assess the specific effects of mindfulness training.

While convenience sampling is practical, it often leads to selection bias. Future versions of this study should consider using stratified random sampling to ensure a more representative sample of the population, which could enhance the generalizability of the findings.

More detailed descriptions of each session's activities within the mindfulness training protocol could enhance replicability. Include exact exercises, duration, and how adherence to the protocol was monitored.

The manuscript would benefit from a more detailed explanation of the statistical methods used, particularly how the covariates were selected for the ANCOVA and the justification for their inclusion.

The collection times for blood samples (e.g., cortisol, cytokines) should be standardized or controlled for circadian variations. Specify the exact time of day these samples were collected to ensure consistency.

Provide a more comprehensive demographic breakdown of the participants, including socioeconomic status, education levels, and ethnic backgrounds, to better understand the sample's diversity and its impact on the study's outcomes.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

Discuss why there were no significant changes in IL-6 and CRP levels. Consider including a hypothesis or previous literature to support or refute these findings, which could help in understanding the non-significant results.

Clarify if the mindfulness training was specifically adapted for the breast cancer population. If so, detail the adaptations made to suit this group's particular needs and challenges.

Strengthen the argument for the comparability of the experimental and control groups at baseline by providing statistical tests (e.g., t-tests) to show no significant differences in key demographics and baseline measures.

Expand on the psychometric properties of the scales used, particularly in the context of Iranian populations, if available. This could include cultural validation studies for the Neff's Self-Compassion Scale and the Experiential Avoidance Questionnaire.

Alongside the p-values, the manuscript should report effect sizes for all significant findings to provide a clearer understanding of the magnitude of the intervention's impact.

Provide a thorough discussion of the non-significant findings concerning physiological indices like CRP and IL-6. Explore potential reasons and theoretical implications for these outcomes.

The manuscript should discuss how the COVID-19 pandemic might have influenced the study's results, particularly regarding participants' stress levels and overall mental health.

Response: Revised and uploaded the manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.