

## Effectiveness of Mindfulness-Based Psychotherapy on Functional Flexibility and Health Hardiness in Patients with Coronavirus Anxiety during the Epidemic

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

In the introduction, the study highlights the global impact of COVID-19 on psychological health. It would be beneficial to provide more specific statistics or data on the prevalence of coronavirus anxiety to strengthen the argument about its significance.

The introduction references several studies on COVID-19-related anxiety. Including a brief summary of the key findings from these studies would provide better context for readers and highlight the research gap your study addresses.

The methods section mentions the final sample size of 33 participants. It would be helpful to include a justification for this sample size, possibly through a power analysis, to ensure readers that the study has sufficient statistical power to detect meaningful effects.

The data analysis section mentions checking for normality and homogeneity of variances. Including the actual values for skewness and kurtosis, as well as a brief explanation of how these were interpreted, would enhance transparency.

The demographic information provided is good, but it would be helpful to include a table summarizing the key demographic characteristics of the participants in both the experimental and control groups.

The results section states that mixed ANOVA was used. Providing a brief explanation or rationale for choosing this statistical test would be beneficial for readers who may not be familiar with it.

Response: Revised and uploaded the manuscript.

### 1.2. Reviewer 2

Reviewer:

The process of random assignment is briefly mentioned. It would be clearer to specify how randomization was conducted to ensure transparency and replicability.

More details about the control group are needed. Specifically, how were they managed during the study period to ensure they were comparable to the experimental group, apart from the mindfulness-based psychotherapy?

The section on the questionnaires used could benefit from additional information on the validity and reliability of these tools in the context of the current study population, especially given that they were developed and validated in different cultural settings.

A more detailed description of the content of the mindfulness-based psychotherapy sessions would be useful. Outlining the specific techniques and exercises used in each session would help in understanding the intervention's structure.

Mention if there were any adaptations to Kabat-Zinn's protocol for the specific context of coronavirus anxiety. If so, provide details on what adaptations were made and why.

The results report effect sizes (e.g.,  $\eta^2$ ). It would be helpful to provide a brief interpretation of these effect sizes to contextualize their magnitude (e.g., small, medium, large).

In the discussion, when mentioning that the findings align with previous studies, provide more specific comparisons or contrasts with these studies to better situate your findings within the existing literature.

The discussion suggests mechanisms by which mindfulness-based psychotherapy improves functional flexibility and health hardiness. Expanding on these mechanisms with references to relevant psychological theories or empirical studies would strengthen this section.

Response: Revised and uploaded the manuscript.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.