





# The Effectiveness of Self-Compassion-Based Therapy on Health-Oriented Lifestyle and Mindfulness in Students with Psychological Distress

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

Detailed justification for choosing female medical science students and the potential implications for generalizability of findings.

More explicit linkage between self-compassion-based therapy's theoretical underpinnings and its operationalization in this context.

A deeper examination of the specific components of the self-compassion-based therapy that contributed to the observed outcomes.

Consideration of how cultural factors specific to Tehran might influence the effectiveness and reception of self-compassion-based therapy.

Authors revised and uploaded the document.

### 1.2. Reviewer 2

Reviewer:

A broader review to include studies on the efficacy of self-compassion-based therapy across different cultures and settings. Suggestions for extending this research to diverse student populations and examining long-term sustainability of the therapy's benefits.

Elaboration on how these findings can be translated into practical applications within educational and mental health services.

Authors revised and uploaded the document.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.