





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

Mahshid. Khavari<sup>1</sup>, Kobra. Haji Alizadeh<sup>2\*</sup>, Eghbal. Zarei<sup>3</sup>, Fariborz. Dortaj<sup>4</sup>

<sup>1</sup> PhD student in general psychology, Bandar Abbas Branch, Islamic Azad University, Bandar Abbas, Iran


<sup>2</sup> Associate Professor, Department of Psychology, Bandar Abbas Branch, Islamic Azad University, Bandar Abbas, Iran

<sup>3</sup> Associate Professor, Department of Psychology, Hormozgan University, Bandar Abbas, Iran


<sup>4</sup> Professor, Department of Educational Psychology, Allameh Tabataba'i University, Tehran, Iran


\* Corresponding author email address: Ph-alizadeh@yahoo.com

## Editor

Seyed Hadi Seyed Alitabar   
Department of Psychology and  
Counseling, KMAN Research  
Institute, Richmond Hill, Ontario,  
Canada  
hadialitabar@kmanresce.ca

## Reviewers

**Reviewer 1:** Mehrdad Sabet   
Assistant Professor, Department of Psychology, Islamic Azad University, Roudehen  
Branch, Roudehen, Iran. Email: mehrdadsabet@iua.ac.ir

**Reviewer 2:** Faramarz Sohrabi   
Professor, Department of Psychology, Allameh Tabataba'i University, Tehran, Iran  
sohrabi@atu.ac.ir

## 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.