






# Effectiveness of Mindfulness-Based Schema Therapy on Mental Pain and Experiential Avoidance in Patients with Cardiovascular Diseases

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## Editor

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The study presents a clear objective in exploring the effectiveness of mindfulness-based schema therapy on mental pain and experiential avoidance among patients with cardiovascular diseases. However, it would benefit from a deeper exploration of the theoretical framework that connects cardiovascular diseases with mental pain and experiential avoidance. Specifically, delineating how cardiovascular diseases contribute to or exacerbate mental pain and experiential avoidance would enhance the reader's understanding. A suggestion is to include a more detailed review of the underlying mechanisms and any existing research that specifically links these conditions in the introduction.

While the literature review addresses the prevalence and impact of cardiovascular diseases, mental pain, and experiential avoidance, it could be more comprehensive regarding mindfulness-based schema therapy's role in treating these specific psychological aspects in patients with cardiovascular diseases. To strengthen this section, it is recommended to integrate findings from studies that have similarly employed mindfulness-based interventions in populations with chronic diseases, highlighting any gaps that your study seeks to fill.

The methodology section adequately describes the study's design, participants, measures, and intervention. However, for improved clarity and replicability, consider adding more detail about the recruitment process and any screening measures used to ensure participants' eligibility. Furthermore, elaborating on the content and structure of the mindfulness-based schema therapy sessions, possibly by including an appendix with session outlines, would provide valuable insight into the intervention's components.

While the study notes adherence to ethical guidelines, elaborating on the ethical considerations, particularly regarding ensuring participants' psychological safety during the intervention, would enhance the manuscript's integrity. Include information on the support provided to participants experiencing increased distress due to therapy sessions.

Authors revised the manuscript and uploaded the document.

## 1.2. Reviewer 2

Reviewer:

The paper constructs a logical argument for the investigation undertaken. To further enhance the coherence of the narrative, it would be beneficial to more explicitly connect the research question and findings to the broader implications for clinical practice. How might these findings influence treatment approaches for patients with cardiovascular diseases experiencing mental pain and experiential avoidance?

The literature review could be augmented by including studies that critically assess mindfulness-based schema therapy's limitations or where it has been less effective. This would provide a balanced view and highlight the novelty and necessity of your research.

The discussion section should more robustly address the innovative aspects of integrating mindfulness with schema therapy for the studied population. Highlighting specific components of the therapy that were particularly effective could guide future clinical practices. Discussing practical implications, such as how this therapy could be implemented in routine clinical settings or integrated into existing treatment protocols for cardiovascular disease patients, would provide valuable direction for practitioners.

The conclusion briefly mentions future research directions. Expanding this to include the investigation of different delivery formats (e.g., digital platforms, group sessions) for mindfulness-based schema therapy could address accessibility and scalability. Additionally, exploring patient-reported outcomes beyond mental pain and experiential avoidance, such as quality of life or cardiovascular disease management efficacy, could broaden the understanding of the intervention's impact.

The study's participant demographic is somewhat limited in terms of diversity. Future studies could explore the effectiveness of mindfulness-based schema therapy across different cultural, socioeconomic, and age groups to understand better its applicability and potential need for adaptation.

Authors revised the manuscript and uploaded the document.

## 2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.