





# Effectiveness of Mindfulness Therapy on Mental Pain, Distress Tolerance, and Psychological Hardiness in Patients with Breast Cancer

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The abstract succinctly summarizes the study but could benefit from a clearer articulation of the research questions and hypotheses. Providing explicit statements about the research questions and the expected outcomes would help to focus the reader's understanding of what the study intends to demonstrate.

The control group seems underutilized in terms of intervention comparison. It is suggested to detail the type of standard care or lack of intervention they received. Clarifying this aspect would strengthen the argument about the effectiveness of mindfulness therapy versus typical care or other therapeutic modalities.

While the instruments used are described, there is limited discussion on their validity and reliability in the specific context of breast cancer patients. Expanding on why these particular instruments were chosen and how their validity and reliability are maintained in this context would strengthen the methodological rigor.

The statistical methods employed are appropriate; however, the manuscript could benefit from a deeper exploration of the assumptions underlying the use of repeated measures ANOVA, particularly concerning the sphericity and the potential for Type I errors. Consider discussing or applying corrections like Greenhouse-Geisser or Huynh-Feldt if assumptions are not met.

The discussion of the results is comprehensive but could be improved by contrasting these findings with existing literature, particularly concerning how these results contribute to the current understanding of mindfulness impacts on mental health outcomes in cancer care.

The manuscript notes adherence to the Helsinki Declaration but does not discuss the ethical considerations involved in dealing with vulnerable populations such as breast cancer patients. Expanding on the ethical safeguards in place during the study would enhance the integrity of the research report.

Authors revised and uploaded the document.

### 1.2. Reviewer 2

Reviewer:

The use of non-random convenience sampling limits the generalizability of the findings. Future studies could benefit from a more robust sampling strategy to enhance the external validity. Consider discussing the potential biases introduced by this method and how they might affect the findings.

The section on limitations is appropriate but could be expanded to include a discussion on the impact of potential confounders, such as participants' baseline psychological state, other ongoing treatments, and social support systems.

The practical implications of the findings are mentioned but not deeply explored. A detailed discussion on how mindfulness therapy can be integrated into standard care practices for breast cancer patients would be useful for both clinical practitioners and patient educators.

While the study opens avenues for future research, specifying potential experimental designs or longitudinal studies to track the long-term benefits and sustainability of mindfulness interventions could guide future work in this area.

Authors revised and uploaded the document.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.