

Effectiveness of Mindfulness Training on Sleep Problems and Depression in Adolescents


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1. Round 1

1.1. Reviewer 1

Reviewer:

In the Introduction, the paragraph starting with "Adolescence is a period of growth..." should provide a clearer definition of "behavioral and emotional disorders." Including examples or criteria for these disorders would strengthen the reader's understanding.

The section detailing the mindfulness training program (starting with "The mindfulness training group counseling program consisted of eight weekly 90-minute sessions...") should include more specific information about the content of each session. This would help in replicating the study and understanding the intervention's components better.

In the Results section, the paragraph explaining the MANCOVA results (e.g., "The interaction between the independent variable and the covariate was not significant...") should include a brief explanation of what this implies for readers who may not be familiar with this statistical method.

The presentation of the results in Table 1 would benefit from an additional column showing the percentage change from pre-test to post-test for both the control and experimental groups. This would provide a clearer visualization of the intervention's impact.

Authors revised and uploaded the document.

1.2. Reviewer 2

Reviewer:

The literature review section would benefit from a more detailed discussion on previous studies specifically addressing mindfulness and sleep problems in adolescents. For instance, more emphasis could be placed on findings from studies like those by Carlson (2004) and Black et al. (2014).

In the Methods section, the statement "The sampling method was purposive non-random sampling selecting students with sleep problems." should be expanded to justify why purposive sampling was chosen over other methods and how it impacts the generalizability of the findings.

The description of the Depression Anxiety Stress Scales (DASS) by Lovibond and Lovibond (1995) should include information about its validity and reliability in different populations, specifically adolescents, to justify its use in this study.

The Discussion section should provide a deeper analysis of why the mindfulness intervention may have impacted sleep problems and depression, linking back to the theoretical framework and previous studies. For example, elaborate on how mindfulness practices might biologically or psychologically influence sleep and mood.

The discussion could be enriched by comparing the current study's findings with those of similar studies in different cultural or demographic contexts, highlighting any similarities or differences observed. This will add depth to the analysis and implications of the findings.

The Conclusion section should suggest specific practical applications of the findings in school or clinical settings. For example, how schools might implement mindfulness programs to help students with sleep and emotional problems.

Authors revised and uploaded the document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.