

Effectiveness of Mindfulness-Based Cognitive Flexibility Training on Nurses' Job Satisfaction


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1. Round 1

1.1. Reviewer 1

Reviewer:

The sentence "This work-related stress is especially intensified in healthcare emergencies (Senek et al. 2020)" would benefit from a brief elaboration on how these emergencies specifically impact nurses' job satisfaction.

The goal of the first session is clear, but consider adding specific mindfulness exercises used to ground participants in the present moment.

The statistical methods are appropriate, but the rationale for choosing mixed-design ANOVA over other methods could be briefly explained to justify its use.

The table presents comprehensive data, but including a brief summary of the key findings directly below the table would enhance readability.

The statement "the mean subscale scores in the group undergoing the mindfulness-based cognitive flexibility enhancement model show a greater increase" should quantify "greater increase" to provide clearer insight into the magnitude of the change.

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

The statement "The concept of job satisfaction was first used by Locke (1976)" should include a brief definition of Locke's theory to provide context for readers unfamiliar with the concept.

The paragraph could be strengthened by adding a sentence that highlights the gap in existing research on the relationship between mindfulness-based cognitive flexibility training and job satisfaction among nurses.

The selection criteria for participants are well-defined, but it would be useful to include information on how these criteria were verified (e.g., through medical records, self-reporting).

The translation and normalization of the Minnesota Satisfaction Questionnaire by Sharifi and Najjar (2015) are mentioned. Consider including a brief discussion on how cultural differences were addressed during the translation process.

The description of the mindfulness-based cognitive flexibility training sessions is detailed, but it would be beneficial to include the theoretical basis for each session to strengthen the connection between the intervention and its expected outcomes.

The F values and significance levels are provided, but consider adding confidence intervals to give a clearer picture of the statistical robustness.

The discussion would benefit from comparing the findings with specific results from previous studies mentioned in the introduction, highlighting similarities and differences.

The mechanisms by which mindfulness-based cognitive flexibility training impacts job satisfaction are discussed. It would be helpful to include specific participant feedback or qualitative data that supports these mechanisms.

The phrase "skills taught in the mindfulness-based cognitive flexibility program" should list these skills to provide a clearer connection to the results.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.