




# Developing and Compiling a Mindfulness-Based Stress Reduction Program and Evaluating its Effectiveness on Relieving Chronic Pain in the Elderly: A Case Series


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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The sentence “Chronic pain affects older adults' psychological and social aspects (Javadzade et al., 2024)” should further clarify how it affects psychological and social well-being. Specific examples of psychological (e.g., depression, anxiety) and social (e.g., isolation, family dynamics) impacts would add depth to the discussion.

In the sentence, “Physiotherapists have been using several treatment techniques for managing individuals with pain,” there is no mention of what these techniques are. Including a brief overview of common physiotherapy interventions (e.g., manual therapy, exercise therapy) would improve clarity.

The description of the study design (case series) and participants is clear, but the inclusion criteria could be expanded to explain why chronic musculoskeletal pain specifically was chosen. Additionally, the rationale for excluding participants based on the MMSE score should be explained further. Why is a certain cognitive threshold necessary for this type of research?

The statement “The program was found to be acceptable by a sample of older adults with chronic musculoskeletal pain” would benefit from more detailed information on how acceptability was measured. Were participants asked to rate their satisfaction, or were qualitative interviews conducted to explore their experiences in more depth?

Authors revised and uploaded the document.

## 1.2. Reviewer 2

Reviewer:

The statement “a robust and positive bi-directional relationship exists between mental health and somatic health (Tatta et al., 2022)” is a strong claim but would benefit from elaboration on what specific mechanisms are involved in this relationship. This could be supported with examples of how chronic pain influences mental health and vice versa.

The phrase “the psychological pain managements are not so common (Alemi et al., 2021)” needs more clarification. How are psychological interventions like CBT, mindfulness, etc., underutilized compared to physiotherapy? Are there barriers to implementing them? This would strengthen the argument for integrating psychosomatic approaches.

The transition to discussing the somatic and psychosomatic frameworks feels abrupt. Consider adding a sentence that links the somatic approach directly to its limitations in managing chronic pain and then introducing the psychosomatic approach as a complementary solution.

The phrase “As pain is a complex phenomenon” is too general. A more specific explanation of why pain is complex—perhaps by discussing the multifactorial nature of pain (biological, psychological, social)—would add more scientific rigor to this argument.

The explanation of the data collection process, including the timing of outcome assessments (before, after, and three months post-intervention), is comprehensive. However, there is no mention of whether any standardization was used in the administration of the patient-reported outcome measures (PROMs). It would be helpful to clarify if these tools were standardized for older adults with chronic pain and if they had been validated for this population.

The phrase “Basic descriptive statistics were calculated for each participant” is vague. It would be more informative to specify which statistics were calculated (e.g., means, standard deviations) and how they were used to assess the impact of the intervention. Additionally, it would be useful to clarify if any inferential statistics were considered.

The overall satisfaction score of three out of four is mentioned, but it would be helpful to provide more context. What were the specific criteria or components measured in the satisfaction scale? How does this compare to satisfaction levels in similar studies?

The discussion could benefit from linking the findings of this study to existing research more explicitly. For example, you mention that “an interdisciplinary program could enhance psychological effects on well-being,” but this could be tied back to existing literature on interdisciplinary care for chronic pain. A clearer connection to previous studies would strengthen the argument.

In the sentence, “The program was effective in reducing anxiety, sleep problems, and pain interference,” consider discussing the specific magnitude of these changes. For instance, were these changes statistically significant or clinically meaningful, or were they just observed in the data?

Authors revised and uploaded the document.

## 2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.