

## Cognitive Reappraisal as a Mediating Mechanism Between Mindfulness and Stress Reduction

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The authors write, “Stress is one of the most pervasive challenges in modern life...”. While this framing is compelling, the introduction would benefit from including recent epidemiological statistics (e.g., prevalence of stress-related disorders in Canada) to ground the argument in current data.

The authors note that “gaps remain in fully understanding how mindfulness and cognitive reappraisal interact...”. This section could be strengthened by explicitly stating why a Canadian sample provides unique value compared to other populations previously studied.

The means for the study variables are presented, but the scale ranges are missing. Readers cannot evaluate whether the means reflect low, moderate, or high levels without knowing the possible score ranges.

The authors state, “These results indicate that mindfulness reduces stress both directly and indirectly...”. This interpretation is sound, but the authors should more clearly distinguish between statistical mediation and causal mediation to avoid overinterpretation of cross-sectional data.

The authors suggest “the mindfulness–reappraisal–stress pathway is applicable in both high-performance and everyday contexts.” This is a strong claim; however, the lack of occupational or performance-specific variables in the dataset weakens it. A more cautious tone is recommended.

Authors revised and uploaded the document.

### 1.2. Reviewer 2

Reviewer:

The sentence “Cognitive reappraisal...has been studied as one of the most effective strategies for managing emotions” should be followed by acknowledgment of contrasting strategies (e.g., suppression, distraction) to better situate reappraisal in the broader emotion regulation literature.

The claim that “Mindfulness-Based Stress Reduction (MBSR) programs have been found to reduce perceived stress” is well-supported, but the authors should briefly differentiate between MBSR and other mindfulness-based interventions to clarify the specific mechanism relevant to this study.

The authors compare their findings with research in Malaysia and the Philippines. To enhance cross-cultural implications, they should discuss whether cultural dimensions (e.g., collectivism vs. individualism) may influence the mindfulness–reappraisal–stress pathway.

The authors cite neurocognitive evidence (Kaunhoven & Dorjee, 2021). To strengthen this point, it would be useful to note whether any neurobiological measures were considered for future research in their own study design.

The authors state, “The study also has implications for academic and professional contexts.” This paragraph could be improved by specifying practical applications in Canadian workplace or educational systems, as the study is situated in Canada.

Authors revised and uploaded the document.

## 2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.