

Investigating the Effectiveness of Mindfulness Skills on Cognitive Flexibility and Working Memory in Ninth-Grade Students

Ali Akbar. Solati¹, Masumeh. Eslami^{2*}, Zahra. Ejadi³


¹ PhD Student, Educational Psychology, Bojnourd Branch, Islamic Azad University, Bojnourd, Iran

² Assistant Professor, Department of Psychology, University of Bojnord, Bojnord, Iran



³ Assistant Professor, Department of Educational Sciences, Esfarayen Branch, Islamic Azad University, Esfarayen, Iran

* Corresponding author email address: eslami@ub.ac.ir

Editor

John S. Carlson
Distinguished Professor of the
Department of Educational
Psychology, Michigan State
University, East Lansing, MI,
United
carlosoj@msu.edu

Reviewers

Reviewer 1: Fahime Bahonar
Department of counseling, University of Isfahan, Isfahan, Iran.
Email: Fahime.bahonar@edu.ui.ac.ir
Reviewer 2: Mahdi Khanjani
Associate Professor, Department of Psychology, Allameh Tabataba'i University,
Tehran, Iran. Email: khanjani_m@atu.ac.ir

1. Round 1

1.1. Reviewer 1

Reviewer:

"The statement 'Executive functions refer to processes necessary for the conscious control of one's thoughts, emotions, and behaviors' could benefit from a more in-depth discussion of how these processes are distinct from general cognitive skills. Consider providing specific examples."

"The criteria for inclusion and exclusion are outlined, but please clarify if any additional demographic or psychological variables (e.g., socioeconomic status) were considered in the sampling strategy."

"You explain the pre-test and rapport-building session, but it's not clear how rapport was specifically established and its potential impact on participants' engagement. Including these details would strengthen the description."

"You describe the Progressive Muscle Relaxation (PMR) exercises. However, there is no discussion of the empirical evidence supporting the efficacy of PMR in improving cognitive flexibility and working memory. Adding references would be beneficial."

"The use of MANCOVA is appropriate, but please clarify if assumptions such as normality and linearity were checked prior to analysis. This would help ensure the robustness of your findings."

"The presentation of means and standard deviations is clear, but the differences might be easier to interpret if effect sizes were also presented. Consider including effect sizes for each variable."

"Table 2 shows strong effect sizes, yet the discussion of these effect sizes is missing in the text. It would be beneficial to interpret the practical significance of these findings."

"You mention that the findings are consistent with prior research, but there is limited exploration of how your results advance or challenge existing theories. Expanding this analysis would deepen the discussion."

Authors uploaded the revised manuscript.

1.2. Reviewer 2

Reviewer:

"You mention that 'high cognitive flexibility is a sign of a healthy lifestyle.' This statement could be clarified by specifying how this relates to academic success, drawing on empirical studies or theoretical models."

"The research gaps are not clearly defined. Although you mention contradictory findings, please outline more explicitly what the existing research lacks and how your study addresses these gaps."

"The sample selection process is described, but it would be helpful to include information on any strategies used to minimize selection bias. Could you elaborate on why cluster sampling was chosen?"

"The Body Scan technique is introduced, but it may be useful to explain why this particular exercise was chosen over others and how it contributes to cognitive flexibility and working memory."

"The final session consolidates previous techniques but does not mention any feedback from participants or observations on the effectiveness of the training. Including these details could enrich the methodological section."

"You mention the reliability score of .88 but do not discuss the test's validity. Providing information on the test's validity would strengthen your argument for using it in this study."

"The reliability scores for the subscales are relatively low (.55 and .57). Discuss how these limitations might affect the interpretation of your results and consider addressing them in the limitations section."

"The statement 'By allocating attention resources to actions, working memory capacity increases' lacks citations. Consider providing references to support this causal claim."

Authors uploaded the revised manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.