





Effectiveness of Mindfulness-Based Cognitive Therapy on Psychological Distress Syndromes, Rumination, and Self-Compassion in Students with Psychological Distress

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1. Round 1

1.1. Reviewer 1

Reviewer:

Include more comprehensive studies on MBCT, particularly those related to psychological distress in adolescents. Clarify sampling techniques, describe the control conditions, and detail the intervention procedures. Deepen the analysis of results, comparing them with existing literature and discussing their implications.

Authors uploaded the revised manuscript.

1.2. Reviewer 2

Reviewer:

Strengthen the theoretical foundation relating MBCT to student psychological distress.
Offer a detailed session-by-session breakdown of the MBCT program provided to participants.
Expand on the analysis, ensuring that findings are robustly supported by the data.
Articulate clear implications for educational and mental health practitioners.
Discuss potential biases and how they were mitigated in the study design and execution.
Address the limitations more thoroughly and propose specific future research directions.

Authors uploaded the revised manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.