

The Effectiveness of Mindfulness Training on Emotional Problems (Anxiety, Depression, and Stress) in Adolescents

Mahdi. Chitsaz¹, Ezzatollah. Ahmadi^{2*}, Hassan. Bafandeh Qaramaleki³

¹ M.A in General Psychology, Azarbaijan Shahid Madani University, Tabriz, Iran

² Associate professor, Department of Psychology, Faculty of Educational Science and Psychology, Azarbaijan Shahid Madani University, Tabriz, Iran



³ Associate Professor, Department of Psychology, Faculty of Educational Science and Psychology, Azarbaijan Shahid Madani University, Tabriz, Iran

* Corresponding author email address: amiraliahmadi91@yahoo.com

Editor

Abolfazl Karami¹
Associate Professor, Department of
Psychology, Allameh Tabataba'i
University, Tehran, Iran
abolfazlkarami1@gmail.com

Reviewers

Reviewer 1: Faranak Saboonchi¹
Assistant Professor, Department of Psychology, Payam Noor University, Tehran,
Iran. Email: faranaksaboonchi@pnu.ac.ir
Reviewer 2: Maasuomeh Behboodi¹
Assistant Professor, Counseling Department, Roudehen Branch, Islamic Azad
University, Roudehen, Iran. Email: masomehbehbodi@riau.ac.ir

1. Round 1

1.1. Reviewer 1

Reviewer:

The phrase "Adolescence is a period of growth marking the transition from childhood to adolescence" (Introduction, Paragraph 1) is redundant. Consider revising this sentence for clarity, perhaps focusing on the transition from childhood to adulthood.

The article mentions the validity of the DASS-21 scale (Measures, Emotional Problems). However, it would strengthen the manuscript to include information about the reliability (e.g., Cronbach's alpha) of the scale in your sample.

While F-values and significance levels are reported, it would be beneficial to also report effect sizes (e.g., partial eta squared) to give a better understanding of the practical significance of your findings (Findings and Results).

The MANCOVA results (Table 2) are presented without a detailed interpretation. Consider expanding the discussion on how these multivariate results contribute to understanding the impact of mindfulness on emotional problems.

Authors uploaded the revised manuscript.

1.2. Reviewer 2

Reviewer:

The introduction mentions various studies (e.g., Barghi Irani & Dehghan Saber, 2021; Hosseinian & Nooripour, 2019), but it lacks a clear statement of the research gap this study aims to address. Please clarify what specific gap in the literature your study intends to fill.

The study used purposive sampling, which can introduce bias. Please discuss the potential limitations of this sampling method and how they might impact the generalizability of the findings (Methods, Study Design and Participants).

The control group is described as receiving "no intervention" (Methods, Study Design and Participants). It would be beneficial to clarify whether they were provided with any alternative activity or placebo intervention to account for the Hawthorne effect.

There seems to be an inconsistency in the session duration of the mindfulness training program. In the "Intervention" section, it's stated that each session lasted 120 minutes, while earlier it mentions 90 minutes. Please clarify which duration is correct.

The discussion does not address the limited generalizability due to the specific cultural context of the study (i.e., adolescents from Azarshahr city). It would be helpful to discuss how these results might translate to other populations.

The discussion section mentions that the findings are consistent with prior research (Discussion and Conclusion). Please elaborate on how your results compare in detail with the specific studies mentioned (e.g., McKay et al., 2019).

The discussion could benefit from a deeper exploration of the mechanisms by which mindfulness training impacts emotional problems. For instance, how do the cognitive and emotional regulation aspects of mindfulness specifically alleviate symptoms of anxiety and depression?

Authors uploaded the revised manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.