# The Effectiveness of Mindfulness Training on Social Media Addiction and Academic Procrastination in Students

Maryam. Zare[1] , Raheleh. Zamani Mazdeh[2] , Mehdi. Badali[3]*

[1] Department of Psychology, science and research Branch, Islamic Azad University, Qazvin, Iran
[2] Department of Psychology, Roudehen Branch, Islamic Azad University, Roudehen, Iran
[3] Department of Methods and Curriculum Planning, Faculty of Psychology and Educational Sciences, University of Tehran, Tehran, Iran

* Corresponding author email address: mehdi.badali@ut.ac.ir

| Editor | Reviewers |
|---|---|
| Donatella Di Corrado | **Reviewer 1:** Mohsen Kachooei |
| Associate Professor, Department of psychology, Kore University of Enna, Enna, Italy donatella.dicorrado@unikore.it | Assistant Professor of Health Psychology, Department of Psychology, Humanities Faculty, University of Science and Culture, Tehran, Iran. kachooei.m@usc.ac.ir |
| | **Reviewer 2:** Nadereh Saadati |
| | Department of Couple and Family therapy, Alliant International University, California, United States of America. mdaneshpour@alliant.edu |

## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

"The university period may be a stressful and challenging time for students due to various factors occurring simultaneously."

Comment: This sentence would benefit from specific examples or references to the types of stressors students face. Consider adding citations to relevant literature that highlight these factors.

The section on ethical considerations mentions obtaining consent but does not specify how confidentiality and anonymity were ensured throughout the study. Include detailed procedures for maintaining participant confidentiality.

"The questionnaire assesses four dimensions: individual performance time management self-control and social relationships."

Comment: Elaborate on how each of these dimensions is operationalized within the questionnaire. Provide example items to clarify how these constructs are measured.

"The mindfulness training protocol is based on Kabat-Zinn's (2003) approach and is conducted over eight sessions."

Comment: It would be beneficial to include a brief summary of the content covered in each session. Additionally, specify any modifications made to the original Kabat-Zinn protocol for this study.

The description of the data analysis procedures should be expanded. For example, provide more detail on the assumptions checked using Levene's test and the Kolmogorov-Smirnov test, and describe how these tests informed the use of covariance analysis.

"Descriptive Findings of Social Media Addiction and Academic Procrastination in Pre-test and Post-test Stages by Group."

Comment: The table headings and contents should be more clearly labeled to improve readability. Ensure that the means and standard deviations are clearly differentiated between the pre-test and post-test scores for both groups.

Authors uploaded the revised manuscript.

### 1.2. Reviewer 2

Reviewer:

"Research has shown that procrastination can have concerning consequences including poor academic performance increased stress reduced well-being and even poor physical health."

Comment: The statement would be stronger with specific studies cited. For example, reference studies by Sirois (2004) and Pychyl & Sirois (2016) mentioned later in the text.

"From this population 38 individuals were selected using convenience sampling and were assigned to two groups of 19 each."

Comment: Please provide more detail on the selection criteria and any measures taken to ensure the representativeness of the sample. Additionally, discuss the potential biases introduced by using convenience sampling.

"The first finding indicated that mindfulness training reduces students' social media addiction."

Comment: The discussion would benefit from a more detailed analysis of why mindfulness training might lead to reductions in social media addiction. Refer to specific mechanisms, such as improved emotional regulation or increased present-moment awareness.

The limitations section should address the generalizability of the findings due to the small sample size and non-random sampling method. Discuss potential limitations in greater detail and suggest ways future research could address these issues.

The conclusion restates the findings but does not provide sufficient implications for practice. Expand on how these findings could be applied in educational or clinical settings to benefit students.

Authors uploaded the revised manuscript.

## 2. Revised

Editor's decision after revisions: Accepted.
Editor in Chief's decision: Accepted.