


# The Mediating Role of Perceived Social Support and Mindfulness in the Relationship Between Psychological Hardiness and Distress Tolerance Among Students


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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

"Understanding the relationship between psychological hardiness, perceived social support, and mindfulness in fostering distress tolerance is a pivotal concern in contemporary psychological research."

This opening sentence is clear but lacks specificity. Consider mentioning why this relationship is especially significant in the context of student populations, tying it more directly to the scope of the study.

"Mindfulness enhances emotional regulation and cognitive flexibility, enabling individuals to navigate stressful experiences with greater ease."

The mechanisms by which mindfulness influences emotional regulation are not deeply discussed. Adding specific pathways or neurobiological evidence could enrich this section.

"The theoretical framework for this study integrates these constructs to examine their collective influence on distress tolerance."

This is a critical component of the introduction but lacks clarity. Consider explicitly stating how these constructs interact within the framework and the hypothesized relationships.

"Structural equation modeling (SEM) is an advanced extension of correlation analysis, examining not only direct relationships but also indirect effects among multiple variables."

While accurate, this description would benefit from detailing why SEM was particularly suited to this study's hypotheses and variables.

"The finding that psychological hardiness positively predicts distress tolerance aligns with previous studies highlighting the role of hardiness in fostering resilience against stress and adversity."

While this interpretation is sound, consider providing effect sizes or specific statistical values to support the claim.

"Perceived social support emerged as a significant mediator, bridging the relationship between psychological hardiness and distress tolerance."

Clarify whether the mediating effect was partial or full. Including confidence intervals for mediation effects would add rigor.

"Mindfulness enhances awareness and acceptance of present-moment experiences, reducing emotional reactivity and improving distress tolerance."

Expand on how mindfulness compares to perceived social support in terms of mediation strength. This comparison could add depth to the discussion.

Authors uploaded the revised manuscript.

## 1.2. Reviewer 2

Reviewer:

"Psychological hardiness is a multifaceted construct encompassing a sense of control, commitment, and challenge in the face of stress."

While the definition is concise, it would benefit from more elaboration on how these components uniquely contribute to resilience in students, supported by specific examples from existing studies.

"Evidence suggests that individuals with higher psychological hardiness exhibit greater tolerance for emotional discomfort and reduced vulnerability to psychological distress."

The integration of studies (e.g., Babaeiamiri, 2016; Besharat et al., 2008) is strong, but consider including recent meta-analyses or systematic reviews to strengthen this claim with broader empirical evidence.

"To estimate the sample size, we used Klein's (2015) recommended model, which suggests a sample size at least five times and no more than twenty times the number of indicators."

This explanation is appropriate but would benefit from specifying how the model's assumptions align with the study's design and variables. Also, clarify whether oversampling addressed potential bias due to convenience sampling.

"Inclusion criteria for the sample included being an undergraduate or graduate student and providing informed consent, while exclusion criteria involved withdrawal from the study, incomplete questionnaire responses, or severe psychological disorders."

These criteria are clear but incomplete. Consider elaborating on how severe psychological disorders were assessed and why these criteria were chosen.

"These results align with prior research and contribute to a deeper understanding of how these factors interact to influence students' capacity to manage distress."

Specify what novel contributions this study makes to the theoretical understanding of distress tolerance compared to existing literature.

Authors uploaded the revised manuscript.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.