



The Effectiveness of Mindfulness-Based Cognitive Therapy on Psychological Flexibility and Zest for Life in Adolescents


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1. Round 1

1.1. Reviewer 1

Reviewer:

The sentence “Adolescence is considered a critical transitional phase due to extensive and rapid physiological, cognitive, and psychological changes” duplicates earlier content in the paragraph. Consider condensing for conciseness and clarity.

The paragraph defining psychological flexibility conflates it with cognitive flexibility. For example, “Since cognitive flexibility is a vital and necessary component of learning...” creates confusion. These are distinct constructs and should be clearly differentiated.

The phrase “employee enthusiasm” seems out of place in a study on adolescents. Please revise this terminology to align with the adolescent developmental context.

The manuscript does not include any graphs (e.g., bar charts of pre/post means by group) to visually represent the main findings. Including such visuals would improve clarity and impact.

Authors uploaded the revised manuscript.

1.2. Reviewer 2

Reviewer:

The use of “convenience sampling” raises concerns about external validity. Please provide a justification for this method and its limitations in generalizing the findings.

The instrument described is actually the Cognitive Flexibility Inventory (CFI) by Dennis and Vander Wal, not a Psychological Flexibility Questionnaire. Please correct the naming throughout the text to ensure construct validity.

The Zest for Life Questionnaire is described as developed by Ramazan Hassan Zadeh (2015), yet there is no peer-reviewed source cited for this tool. Please provide a published reference or justify its psychometric soundness with more evidence.

The manuscript states that “normality” was assessed using the Kolmogorov–Smirnov test, but ANCOVA also requires homogeneity of regression slopes. Please indicate whether this assumption was tested and met.

The Zest for Life analysis includes 14 participants per group, unlike the 15 in the Psychological Flexibility analysis. Please explain why one participant is missing—was there attrition?

Authors uploaded the revised manuscript.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.