




The Effectiveness of Mindfulness-Based Cognitive Therapy (MBCT) on Resilience, Happiness, and Ambiguity Tolerance in Mothers of Children with Autism

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E d i t o r	R e v i e w e r s
Shokouh Navabinejad  Department of Psychology and Counseling, KMAN Research Institute, Richmond Hill, Ontario, Canada sh.navabinejad@kmanresce.ca	Reviewer 1: Meysam Sadeghi  Assistant Professor of Department of Cognitive Psychology, Higher Education Institute of Cognitive Sciences, Tehran, Iran. Email: m.sadeghi@icss.ac.ir Reviewer 2: Masoud Asadi  Assistant Professor, Department of Psychology and Counseling, Arak University, Arak, Iran. Email: m-asadi@araku.ac.ir

1. Round 1

1.1. Reviewer 1

Reviewer:

The sentence "Research indicates that parents of children with disabilities experience more problems related to health stress, anxiety, depression, and feelings of deprivation compared to parents of healthy children" could benefit from additional references to strengthen the claim, as this is a key point leading to the study's rationale.

The age range of the participants (24–59) is wide. It would be valuable to discuss the potential variability in outcomes based on age and life experience, as it could influence resilience, happiness, and ambiguity tolerance.

It's unclear how the "mindful eating exercise" aligns with the main variables of resilience, happiness, and ambiguity tolerance. Consider providing more justification for this specific exercise in relation to the outcomes studied.

The descriptive statistics lack confidence intervals, which would help in understanding the precision of the reported means. Consider including them for a more robust presentation of the data.

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

The statistic regarding autism in Iran (7373 newly diagnosed in 2023) would be more impactful if supported by specific governmental or institutional data. This will add credibility to the figures presented.

The explanation of resilience is somewhat generalized. It would be beneficial to expand on the theoretical models of resilience (e.g., ecological, developmental) relevant to the study, as it is a key concept.

The statement "The results indicated that the MBCT intervention led to an increase in resilience and happiness scores in mothers of children with autism but no improvement was observed in ambiguity tolerance scores" should explore possible reasons why ambiguity tolerance did not improve. Was there any literature or participant feedback that could explain this?

The authors state that "MBCT helps transform vulnerability into resilience by reducing negative emotions and promoting positive ones." This is a strong claim. It would be valuable to expand on the mechanisms by which MBCT facilitates this transformation, supported by references from cognitive-behavioral models.

The discussion on mindfulness and happiness would benefit from contrasting this study's findings with studies that found no significant effects of MBCT on happiness. This would strengthen the discussion by addressing possible limitations.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.