

Enhancing Emotional Labor Management and Perceived Control Through Mindfulness: A Randomized Controlled Trial

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1. Round 1

1.1. Reviewer 1

Reviewer:

"Emotional labor defined as the process of managing feelings and expressions to fulfill the emotional requirements of a job..." - Consider including a citation after this definition to support it. A reference to Hochschild (1983) would be appropriate here.

The statement "Mindfulness is a form of mental training that involves paying attention to the present moment with an attitude of openness and non-judgment" lacks a citation. Refer to Kabat-Zinn (1990) to support this definition.

For the Emotional Labor Scale (ELS) and Perceived Control Scale (PCS), it would be helpful to provide a brief description of their psychometric properties, such as reliability coefficients from previous studies.

Each session is briefly described, but it would improve clarity to include specific exercises or activities for each session, perhaps in a supplementary table.

The ANOVA table should include partial eta-squared (η^2) as a measure of effect size, to complement the F-values and p-values.

The assumption tests (normality, sphericity, homogeneity of variances) should include the corresponding statistics for transparency.

Clarify why Bonferroni correction was chosen over other post-hoc tests, considering the trade-offs in terms of Type I and Type II error rates.

The claim "Our findings indicate that the mindfulness intervention was significantly effective in reducing emotional labor and enhancing perceived control..." should be strengthened by discussing effect sizes and their practical significance.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

The sentence "Studies have demonstrated that mindfulness can help individuals manage the demands of emotional labor by fostering a non-reactive stance towards emotional experiences..." should include specific studies as examples, such as Hülshager et al. (2013).

"The mindfulness intervention will consist of ten 75-minute sessions delivered over a period of ten weeks." - It would be beneficial to provide more details about the structure and content of each session to give readers a clearer understanding of the intervention.

The inclusion and exclusion criteria for participants should be detailed further. Specify what is meant by "severe psychiatric disorder" and how this was assessed.

The description of the statistical analysis should include how missing data were handled, as this can significantly affect the results of longitudinal studies.

Include p-values for pre-intervention comparisons between groups to establish baseline equivalence.

"The mindfulness intervention in this study helped participants develop a non-judgmental awareness of their emotional experiences..." - Provide more specific examples or qualitative data from participants to illustrate this point.

Response: Revised and uploaded the manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.