






Enhancing Emotional Well-Being Through Proactive Coping Training and Mindfulness: A Controlled Study

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1. Round 1

1.1. Reviewer 1

Reviewer:

In the sentence, "Proactive coping as defined by Schwarzer and Taubert (2002) is a future-oriented self-regulatory behavior," consider including a brief description of the specific behaviors or strategies that constitute proactive coping for readers unfamiliar with the concept.

The sentence "Mindfulness on the other hand involves maintaining a non-judgmental awareness of the present moment" can be expanded to briefly describe how mindfulness is typically practiced, such as through meditation or breathing exercises.

For Session 4: Mindfulness Practice – Observing and Describing, please include an example of a specific guided meditation exercise used and its expected impact on the participants.

In the sentence "Assumptions for repeated measures ANOVA were checked and confirmed," it would be beneficial to include the specific statistical tests and their results (e.g., Shapiro-Wilk test for normality) to enhance transparency.

The table presents descriptive statistics for emotion regulation and mindfulness. Including a brief explanation of how to interpret the mean and standard deviation values would aid readers who may not be familiar with these statistical terms.

When discussing the potential mechanisms, the phrase "One plausible mechanism is the enhancement of cognitive flexibility" would benefit from citing specific studies that have investigated this relationship.

The sentence "The results suggest that incorporating proactive coping strategies and mindfulness practices into therapeutic programs can provide individuals with a robust set of tools for managing stress and enhancing emotional well-being" would be stronger if specific examples of such programs were given.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

The statement "Research supports the efficacy of both proactive coping and mindfulness in various contexts" would benefit from specific examples or studies that support this claim to strengthen the argument.

The inclusion criteria mention "available for the duration of the study and follow-up period." It would be helpful to specify the duration of the follow-up period to give a clear timeline of the study.

When describing the Emotion Regulation Questionnaire (ERQ), please provide the reliability (e.g., Cronbach's alpha) and validity statistics for this measure as used in your study to demonstrate its appropriateness.

In the description of Session 1: Introduction to Proactive Coping, consider providing a more detailed example of an ice-breaker activity and how it relates to the concept of proactive coping.

Table 2: The repeated measures ANOVA results should be accompanied by effect size measures (e.g., Cohen's d) to indicate the magnitude of the observed effects, providing more context to the statistical significance.

The sentence "The significant improvement in emotion regulation observed in this study corroborates previous research" should cite specific studies or meta-analyses that support this finding to strengthen the discussion.

Response: Revised and uploaded the manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.