




The Effectiveness of Mindfulness-Based Therapy on Psychological Well-Being and Resilience in Coronary Heart Disease Patients with Hypertension Visiting Shahid Rajaei Hospital

Atena. Naseri¹  Mahdieh. Rahmanian^{2*}  Amin. Rafieipour³ 


¹ Department of Health Psychology, Kish International Branch, Islamic Azad University, Kish Island, Iran.

² Associate Professor, Department of Psychology, Payame Noor University, Tehran, Iran



³ Associate Professor, Department of Health Psychology, Kish International Branch, Islamic Azad University, Kish Island, Iran. (Adjunct Professor, Department of Psychology, Payame Noor University, Tehran, Iran)

* Corresponding author email address: m.rahmanian@pnu.ac.ir

Editor

Salahadin Lotfi 
PhD in Cognitive Psychology &
Neuroscience, UWM & Rogers
Behavioral Health Verified,
Lecturer at University of Wisconsin
slotfi@uwm.edu

Reviewers

Reviewer 1: Masoud Asadi 
Assistant Professor, Department of Psychology and Counseling, Arak University,
Arak, Iran.
Email: m-asadi@araku.ac.ir
Reviewer 2: Stephen C. L. Lau 
Professor (Assistant) at Washington University in St, Louis, United States.
Email: lauc@wustl.edu

1. Round 1

1.1. Reviewer 1

Reviewer:

Consider elaborating on the mechanism by which cardiovascular diseases increase blood pressure, as stated in "Cardiovascular diseases increase blood pressure (Scharbert et al., 2024)." Providing a brief explanation could enhance reader understanding.

When mentioning "Mindfulness-based therapy has been associated with reduced psychological distress," it would strengthen the argument to briefly describe a study or evidence showing these outcomes.

The detailed outline of the mindfulness sessions is excellent. However, consider adding a rationale for why specific techniques (e.g., the raisin exercise) were chosen in relation to the study's goals.

The description of measures used (e.g., Ryff Psychological Well-Being Scale) could be improved by mentioning their validation in a population similar to your study's participants.

It would be beneficial to include effect sizes or confidence intervals alongside the mean and standard deviations to better illustrate the intervention's impact.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

The sentence "Today, psychological well-being has received increasing attention in medical research" would benefit from a citation or specific examples that illustrate this trend.

The definition of psychological well-being could be clearer if you provide more details on the components or expand on how Ryff's six dimensions are relevant to cardiovascular health.

The description of resilience, "Resilience emphasizes the capacity to connect with the present moment and the ability to differentiate the self from thoughts and internal psychological experiences," is intriguing but might be enhanced by including empirical examples or studies that support this claim.

The section would benefit from a more explicit explanation of how randomization was performed. Specify any methods used to minimize selection bias.

The inclusion criteria are clear, but it would be helpful to provide more details about why certain exclusion criteria (e.g., inflammatory diseases) were chosen. Discuss their potential impact on the study's findings.

In the explanation, consider clarifying the significance of using the Greenhouse-Geisser correction and how this adjustment influences the interpretation of results.

The statement "Mindfulness practice encourages individuals to engage non-judgmentally with experiences, resulting in more precise autobiographical memory encoding" is compelling. However, providing a citation or specific study would reinforce this point.

The explanation of how mindfulness affects resilience could be more robust by incorporating specific physiological mechanisms or neurobiological evidence.

Response: Revised and uploaded the manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.