





# Examining the Effectiveness of an Integrated Mindfulness and Self-Care Technique Protocol on the Psychological Well-Being of Parents with Developmentally Delayed Children (Single-Case Study)

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The sentence “Developmental delay continues to be considered one of the healthcare challenges in developed countries” lacks citations. Consider including more recent studies or reports to substantiate this claim.

The reliability statistics provided are impressive, but there is no mention of whether this questionnaire has been validated in the specific cultural or demographic context of the study population. Add a note on its cultural validity.

Clarify whether the participants' baseline scores were significantly different, as this could impact the interpretation of the intervention's effectiveness.

The visual presentation of results is helpful, but the description does not specify how statistical significance was determined. Include the statistical tests or metrics used.

The table lacks clarity regarding the improvement percentages. Add a legend or footnote to explain the calculation method for percentage improvements.

The conclusion reiterates the findings well but does not address the limitations of the study. Include a section explicitly discussing limitations such as small sample size and generalizability.

Response: Revised and uploaded the manuscript.

### 1.2. Reviewer 2

Reviewer:

The assertion that “the family is the primary and most influential social institution” is broad. Elaborate on how this is particularly relevant to developmental delays, supported by empirical evidence.

The choice of an ABA design is appropriate; however, the rationale for using this specific design is not adequately explained. Include a justification of why an ABA design was the most suitable method for this study.

The description of the inclusion and exclusion criteria is clear but overly detailed. Streamline the text for readability while retaining the essential elements.

The detailed session descriptions are comprehensive, but the citation of Kabat-Zinn (1400) appears outdated or erroneous. Verify and update the reference to align with conventional citation practices.

The demographic data provided is informative but lengthy. Condense the text or include a table summarizing the key demographic characteristics for brevity.

The statement “Mindfulness training, as a therapeutic approach, is associated with emotional regulation...” is intriguing but requires a citation from peer-reviewed literature to substantiate.

The comparison of the current study’s findings with prior research is excellent. However, the referenced studies should include their methodological details to strengthen the comparative analysis.

Response: Revised and uploaded the manuscript.

## 2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.