




Mindfulness and Health Behavior Change: Insights from Individuals Managing Hypertension

Bridget. Abalorio¹, Sarah. Turner^{2*}

¹ Faculty of Psychology, Peruvian University of Applied Sciences, Lima, Peru

² Faculty of Health Sciences, Simon Fraser University, Vancouver, BC, Canada

* Corresponding author email address: sarahturner@wayne.edu

E d i t o r	R e v i e w e r s
Asoke Kumar Saha  Professor Department of Psychology, Jagannath University, Dhaka, Bangladesh drasoke@psychology.jnu.ac.bd	Reviewer 1: Fahime Bahonar  Department of counseling, Universty of Isfahan, Isfahan, Iran. Email: Fahime.bahonar@edu.ui.ac.ir Reviewer 2: Mahdi Khanjani  Associate Professor, Department of Psychology, Allameh Tabataba'i University, Tehran, Iran. Email: khanjani_m@atu.ac.ir

1. Round 1

1.1. Reviewer 1

Reviewer:

In the introduction, the sentence “Behavioral risk factors such as poor diet, physical inactivity, emotional dysregulation, and non-adherence to treatment protocols are central to its persistence and progression (Irawan et al., 2023)” would benefit from including specific data or prevalence rates to ground the argument in epidemiological evidence.

In the “Study Design and Participants” section, the authors state that “sampling continued until theoretical saturation was achieved.” Please explain how saturation was assessed, and provide at least one methodological reference (e.g., Guest et al., 2006) to support this decision.

In “Data Collection,” the use of the phrase “open-ended questions exploring participants’ motivations, challenges, and perceived effects...” would benefit from an example or two of the interview prompts to enhance transparency.

Under “Emotional Regulation,” the quote “When anger or sadness shows up, I just watch it” lacks a connection to a specific mindfulness mechanism (e.g., decentering, affect labeling). Including a brief interpretive sentence would add theoretical depth.

In the section “Stress Recognition and Reduction,” one participant says, “When I feel pressure building, I just sit quietly and breathe...” This is insightful but generic. Consider probing whether specific breathing techniques (e.g., 4-7-8, diaphragmatic breathing) were employed.

In the “Motivation and Empowerment” theme, the phrase “mindfulness made me care more about my well-being from the inside” could be further analyzed through the lens of intrinsic versus extrinsic motivation frameworks (e.g., Deci & Ryan, 2000).

In the “Social Support Through Mindful Connection” subtheme, the authors could enhance credibility by distinguishing between general social support and mindfulness-specific relational practices (e.g., nonjudgmental listening, compassionate presence).

In the “Discussion” section, the authors write, “This aligns with previous research that identifies mindfulness as a mechanism for enhancing interoceptive awareness...” Consider elaborating on how interoceptive awareness may mediate health behavior change.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

In paragraph five of the introduction, the authors write, “This suggests that mindfulness may not only function as a practice but also as a cognitive framework...” This is a compelling conceptualization. However, consider referencing foundational psychological theories (e.g., Bandura's Social Cognitive Theory) to better anchor this claim.

In the introduction's last paragraph, the sentence “To address this gap, the present study explores how individuals diagnosed with hypertension understand, engage with, and apply mindfulness...” should more clearly define what is meant by “understand” and “engage with.” Consider operationalizing these terms.

In the “Data Analysis” section, the authors note that “member checking” was used to ensure trustworthiness. Please specify how many participants were involved in this process and what steps were taken to incorporate their feedback.

In the participant demographic paragraph of the findings, the sentence “Additionally, 11 participants identified as practicing mindfulness independently...” should be expanded. Did this include self-guided app use, books, or informal practices? Clarifying this would improve contextual interpretation of findings.

The description of the theme “Enhanced Bodily Awareness” includes a participant quote: “Now I can feel it right away and release it.” Consider explaining what specific strategies were used to “release” tension—was it breathwork, movement, or cognitive reframing?

In the subtheme “Reframing Illness as a Challenge,” it would strengthen the analysis to cite literature on post-traumatic growth or benefit-finding to better contextualize these narratives within psychological adaptation research.

The quote in “Goal-Directed Behavior,” “Mindfulness helps me stay on track...” could be enhanced by linking it to goal-setting theory. How does mindfulness aid in self-monitoring or feedback utilization?

In “Medication Adherence through Intentionality,” the quote “I take them mindfully, appreciating their role” is powerful but needs elaboration. Was this a shift in belief, emotional reaction, or simply habit formation?

Under “Managing Triggers and Temptations,” the statement “I see the craving rise, and I breathe through it—it passes” could be analytically deepened by referencing the concept of “urge surfing” from mindfulness-based relapse prevention literature.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.