





The Effectiveness of Positive-Focused Mindfulness Therapy on Mental Well-being, Quality of Life, and Stress Coping Strategies in Women with Bipolar Disorder

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1. Round 1

1.1. Reviewer 1

Reviewer:

Some statistical results are presented without adequate contextual explanation (e.g., the results from ANCOVA analyses). It would be beneficial to include a brief interpretation of these statistics directly in the text to aid reader understanding of how these results support the study's conclusions.

There are inconsistencies in the terminology used to describe the mindfulness interventions. Please standardize the terminology throughout the paper to avoid confusion (e.g., choose between "positive-focused mindfulness therapy" and "mindfulness training").

The methods section could be more explicit about the recruitment process for participants. Details such as how participants were approached and any incentives offered could provide clearer insight into potential biases in participant selection.

The literature review could be strengthened by discussing conflicting studies or criticisms of the mindfulness interventions in bipolar disorder, providing a more balanced view of the existing research landscape.

While ethical approval is mentioned, the paper should include more detailed information about the ethical considerations, especially given the vulnerability of the study population (e.g., specific ethical guidelines followed, any adverse effects monitored).

The abstract should more succinctly summarize key findings and explicitly state the implications of the research, making it easier for readers to quickly understand the paper's significance and conclusions.

Authors revised the manuscript.

1.2. Reviewer 2

Reviewer:

The discussion section should address the limitations regarding the generalizability of the results, particularly considering that the sample is exclusively from Tehran. Discuss how cultural, social, and economic factors might influence the findings and how they might be different in other populations.

The control group's involvement needs more depth in the description. Were there any activities or standard care provided to them? This information is crucial for understanding the comparative effectiveness of the intervention.

Enhance the methodological description to include more details on the randomization process, blinding (if any), and the criteria used for participant selection. These details are crucial for assessing the study's internal validity.

The introduction should better articulate the theoretical framework guiding the study. How does positive-focused mindfulness fit within broader psychological theories related to bipolar disorder? This could strengthen the study's conceptual grounding.

Suggest conducting replication studies in diverse settings to validate the findings. This is especially important for interventions that may have culturally specific elements that could affect their efficacy in different demographic contexts.

Authors revised the manuscript.

2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.