

The Effectiveness of Mindfulness-Based Cognitive Therapy on Life Enthusiasm and Psychological Hardiness in Female Heads of Households with Hypertension

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1. Round 1

1.1. Reviewer 1

Reviewer:

"Illness is one of the most significant factors that jeopardize human well-being and health." Consider specifying the types of illnesses you are referring to for greater clarity. Perhaps mention chronic illnesses or lifestyle diseases.

The Life Enthusiasm Questionnaire's concurrent validity with other scales is well reported. However, consider providing a brief summary of any recent studies that have used this questionnaire to strengthen your choice.

While the Ahvaz Psychological Hardiness Scale is described thoroughly, consider discussing any limitations or criticisms of this scale in the literature.

The results of the Kolmogorov-Smirnov test indicate normality. It would be helpful to include a brief explanation of why normality is important for the parametric tests used.

The use of eta squared (η^2) to report effect sizes is appropriate. Consider including a brief interpretation of these effect sizes to help readers understand the practical significance of your findings.

The practical implications for healthcare providers are clear. Consider adding specific examples of how these mindfulness techniques could be integrated into existing healthcare programs.

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

The selection of 30 participants using convenience sampling should be justified. Discuss any limitations of convenience sampling and how they might affect the generalizability of your findings.

The description of the mindfulness-based cognitive therapy sessions is very detailed. However, it would benefit from a brief explanation of how the duration and frequency of these sessions were determined.

The discussion on life enthusiasm could be expanded to compare your findings with similar studies in different populations. This would help to contextualize your results within the broader literature.

The interpretation of increased psychological hardiness could benefit from a discussion on how mindfulness specifically enhances this trait. Include references to cognitive-behavioral theories that support this finding.

The limitations section is thorough. However, consider discussing the potential impact of self-report bias on your results and how future studies might mitigate this issue.

The suggestions for future research are strong. Adding a recommendation to investigate the dose-response relationship of mindfulness interventions (i.e., session length, frequency) would be beneficial.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.