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Evaluation The Model Fit of Physical Exercise and Resilience: The Mediation Role of Mindfulness

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1. Round 1

1.1 Reviewer 1

Reviewer:

The use of convenience sampling is stated, but there is no discussion of how this may bias results or limit generalizability. Please briefly address this limitation in the Methods or Discussion.

The model fit indices are good, but the path coefficients (e.g., β values) are not reported in text except in the figure. These should be summarized with significance levels in the narrative.

In the figure caption for the SEM, "Mindfulness" is redundantly written twice at the top. Please correct the duplication and improve the visual clarity (e.g., node spacing, arrow thickness).

The statement "we used SPSS 29 to analyze descriptive statistics and employed AMOS software…" should specify version numbers consistently and report whether missing data were handled (e.g., listwise deletion or imputation).

There is mention of Self-Determination Theory (SDT) in passing, but no formal integration into the model. If SDT is a guiding theory, it should be better developed in Introduction or Discussion.

Author revised the manuscript and uploaded the updated document.

1.2   Reviewer 2

Reviewer:

The description "hours of physical exercise per day × number of days per week × number of weeks per month" needs more justification. Why was this composite method selected over established physical activity indices?

The unit of "1.60" hours in a month is ambiguous. It contradicts the later sentence that the average monthly exercise was 48 hours. Please revise the units or clearly explain the transformation.

The correlation matrix includes labels like "control" and "spiritual," which should match the exact terminology used earlier (e.g., "self-control", "spiritual influences") for consistency.

The final paragraph of the Discussion and the Conclusion section are nearly identical. Consider consolidating to avoid redundancy and instead emphasize practical implications in the Conclusion.

The statement "contextual mindfulness—separate from global trait mindfulness…" is crucial but underdeveloped. Provide clearer distinction with examples.

Author revised the manuscript and uploaded the updated document.

2.   Revised

Editor's decision after revisions: Accepted.
Editor in Chief's decision: Accepted.