






## The Effectiveness of Mindfulness-Based Cognitive Therapy on Resilience and Self-Efficacy in Female Heads of Households

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E d i t o r	R e v i e w e r s
Monika Szczygiel  Department of Psychology, Jagiellonian University, Krakow, Poland monika.szczygiel@uj.edu.pl	<b>Reviewer 1:</b> Roodabeh Hooshmandi  Department of Psychology and Counseling, KMAN Research Institute, Richmond Hill, Ontario, Canada. Email: roodhooshmandi@kmanresce.ca <b>Reviewer 2:</b> Taher Tizdast  Assistant Professor, Department of Psychology, Tonekabon Branch, Islamic Azad University, Tonekabon, Iran. Email: taher.tizdast@toniau.ac.ir

### 1. Round 1

#### 1.1. Reviewer 1

Reviewer:

Consider adding current global or national statistics to contextualize the scale of vulnerability and enhance the empirical grounding of this statement.

Clarify why convenience sampling was used over probability sampling, and discuss its implications for external validity.

Indicate who delivered the intervention (e.g., credentials of the therapist) and whether fidelity to the MBCT protocol was assessed.

Report the Cronbach's alpha of the resilience scale from the current study to support the internal consistency of the measure used.

It is recommended to include a citation for the Guttman split-half method or provide justification for its use instead of Cronbach's alpha alone.

This section is comprehensive, but would benefit from citing the specific MBCT manual or edition used as the foundation for the sessions (e.g., Segal et al., 2013).

Detail whether compliance with homework was monitored or measured, as this could affect intervention efficacy.

This paragraph is descriptive rather than interpretive. Consider integrating more discussion on how these results align or contrast with cited studies such as Sofri et al. (2023) or Sadeghi & Cheraghi (2018).

Avoid redundancy with the previous paragraph. Consider integrating these ideas into a single, more analytically-focused paragraph.

Response: Revised and uploaded the manuscript.

## 1.2. Reviewer 2

Reviewer:

The discussion on self-efficacy would benefit from referencing Bandura's theoretical framework directly to establish a foundational psychological context.

While the resilience construct is well introduced, the paragraph would benefit from differentiating between trait and process-based resilience for conceptual clarity.

The transition from literature review to research aim is abrupt. Consider adding a bridging sentence to improve narrative flow.

Specify whether the assumptions of repeated measures ANOVA (e.g., sphericity) were tested, and if any corrections (e.g., Greenhouse-Geisser) were applied.

Provide p-values or test statistics directly in Table 1 or in the description to improve clarity and completeness of data presentation.

Clarify why the degrees of freedom for Time\*Group are reported as 2, which is unexpected for standard pre-test/post-test designs.

Consider reporting effect sizes (e.g., partial eta squared) alongside F and p values to inform about practical significance.

Response: Revised and uploaded the manuscript.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.