

Comparing The Effectiveness of Mindfulness-Based Cognitive Behavioral Therapy and Electronic Muscle Stimulation on Balance, and Psychological Wellbeing in Elderly


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R e v i e w e r s

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1. Round 1

1.1 Reviewer 1

Reviewer:

The abstract should summarize the main findings more succinctly and clearly indicate the comparative effectiveness of MCBT and EMS, specifically highlighting which intervention showed greater improvement in balance and psychological wellbeing.

Expand the introduction to include more recent studies that link the effectiveness of MCBT and EMS with elderly wellbeing, providing a stronger rationale for the study.

Clarify why the age range was restricted to 60-75 years and whether the findings are applicable to other elderly age groups.

Include a statistical power analysis to justify the sample size of 135 participants, ensuring that the study is adequately powered to detect differences between groups.

Explain the choice of the Berg Balance Scale and the Psychological General Well-Being Index specifically, including their relevance and validity for this population.

Author revised the manuscript and uploaded the updated document.

1.2 Reviewer 2

Reviewer:

Clarify the statistical methods, particularly the use of mixed-model ANOVA, and explain why this method was chosen over others.

Report on participant dropouts or attrition during the study and its impact on the study's outcomes and statistical power.

Provide a deeper discussion on the theoretical mechanisms of action for how MCBT and EMS influence balance and psychological wellbeing.

Discuss the limitations concerning the generalizability of the findings to other settings or populations, such as different cultural contexts or mixed-gender groups.

Ensure a thorough conflict of interest disclosure, especially considering the use of specific EMS equipment or MCBT programs.

Provide more detail on the ethical considerations and approval process by the ethics committee, including participant consent forms.

Author revised the manuscript and uploaded the updated document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.

2.1