




Effectiveness of Mind-Body Interventions on Stress Reduction and Body Awareness

Badhon. Ahmmmed¹, Ayesha. Khan^{2*}

¹ Department of Psychology, Haripur University, Islamabad, Pakistan

² Department of Psychology, University of the Punjab, Lahore, Pakistan

* Corresponding author email address: ayesha.khan@pu.edu.pk

E d i t o r	R e v i e w e r s
Izet Pehlić  Full professor for Educational sciences, Islamic pedagogical faculty of the University of Zenica, Bosnia and Herzegovina izet.pehlic@unze.ba	Reviewer 1: Masoud Asadi  Assistant Professor, Department of Psychology and Counseling, Arak University, Arak, Iran. Email: m-asadi@araku.ac.ir Reviewer 2: Stephen C. L. Lau  Professor (Assistant) at Washington University in St, Louis, United States. Email: lauc@wustl.edu

1. Round 1

1.1. Reviewer 1

Reviewer:

The last paragraph of the Introduction claims that “both of which have established reliability and validity...” referring to the PSS and BAQ. Consider citing specific validation studies relevant to the Pakistani cultural context to justify this generalization.

The sentence in the Introduction stating, “body-focused mindfulness has been shown to improve emotional regulation...” should be supported with a broader synthesis of existing meta-analyses or systematic reviews rather than relying on two citations.

In the “Measures” section under “Perceived Stress,” the manuscript notes that the PSS “does not contain subscales.” While this is correct, further elaboration on how this affects interpretation in repeated measures designs would enhance methodological transparency.

In Session 5, the description “meditations designed to locate emotional tension within the body...” would be clearer if you specified whether any validated emotion-focused body scan scripts or models were used.

In Session 6, the activity of “boundary-visualization” is briefly described. Please elaborate on its theoretical origin and empirical support, as this is less commonly known in conventional mindfulness literature.

The sentence in the Discussion section, “The results support the hypothesis that mind-body interventions can serve as effective tools...” could be more nuanced by addressing the modest sample size and limited generalizability up front.

The Discussion paragraph referencing the Roll et al. (2020) study would be enhanced by noting that their intervention was combined with biofeedback, which was not part of this study. This contrast should be acknowledged.

The sentence “These findings are in line with a network meta-analysis...” could benefit from specifying the exact magnitude of effects reported in Luo et al. (2024) to allow for better comparison.

In the Discussion, the authors state that “interventions may empower individuals to reclaim agency over their bodily experiences...” This would be stronger if tied to a psychological construct such as embodiment or self-efficacy, and supported with appropriate literature.

The paragraph discussing cultural acceptance of the intervention would benefit from citing existing literature on stigma or cultural barriers in mental health help-seeking within Pakistani or South Asian populations.

Authors revised and uploaded the document.

1.2. Reviewer 2

Reviewer:

In the third paragraph of the Introduction, the mention of “hands-on mind-body therapy” in the Danish veteran study (Andersen et al., 2024) lacks specification of the exact techniques used. Providing this detail would help the reader compare methodologies more effectively.

The “Body Awareness” paragraph claims that the BAQ “has shown satisfactory psychometric properties.” This could be strengthened by including specific reliability coefficients or factor structure findings from previous studies in non-Western samples.

In “Intervention: Mind-Body Intervention,” the overview sentence that reads “Each session built on the previous one...” would benefit from theoretical grounding. Specify the therapeutic model (e.g., MBSR, ACT, etc.) informing the session sequencing.

In the Data Analysis section, the phrase “assumptions of normality, homogeneity of variance, and sphericity were tested and met” lacks details. Please report the exact values and significance levels for these assumption tests in-text, not just in tables.

In the Results section, the demographic paragraph lists educational levels and employment status. Consider reporting whether these variables were checked for influence as covariates in the analyses.

The sentence “All participants reported no prior experience with structured psychological interventions...” lacks confirmation of how this was verified (e.g., through screening interviews or questionnaires). Clarify the process.

In Table 1 and the corresponding narrative, the phrase “substantial decrease” in perceived stress is used. For precision, consider referencing Cohen’s effect size thresholds to qualify “substantial.”

Authors revised and uploaded the document.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.