




Examining the Relationship Between Mindfulness and Emotion Regulation With Rumination in Anxious Students at Islamic Azad University, Lahijan Branch

Reyhaneh. Arian¹, Marzieh. Masjoudi^{2*}

¹ Department of Psychology, Ra.C., Islamic Azad University, Rasht, Iran

² Department of Midwifery, Ra.C., Islamic Azad University, Rasht, Iran

* Corresponding author email address: masjoudi@iaurasht.ac.ir

E d i t o r	R e v i e w e r s
Trevor Archer  Professor Department of Psychology University of Gothenburg, Sweden trevorcsarcher49@gmail.com	Reviewer 1: Zahra Yousefi  Assistant Professor, Department of Psychology, Khorasgan Branch, Islamic Azad University, Isfahan, Iran. Email: yousefi1393@khuif.ac.ir Reviewer 2: Mehdi Rostami  Department of Psychology and Counseling, KMAN Research Institute, Richmond Hill, Ontario, Canada. Email: dr.mrostami@kmanresce.ca

1. Round 1

1.1. Reviewer 1

Reviewer:

When referring to rumination as “a maladaptive response to distress,” it would be helpful to briefly differentiate it from similar constructs such as worry or obsessive thinking to increase conceptual clarity.

The sentence “Emotion regulation refers to the set of thoughts and behaviors...” could benefit from more precise operational definitions, especially since the study later focuses on suppression and reappraisal specifically.

The sentence “the highest mean was observed in emotion reappraisal” is redundant given the close numerical values with suppression. Consider focusing on interpretive value or omitting minor differences.

The heading “Direct Path Coefficients in the Structural Model” is misleading as the analysis used Pearson correlation, not structural equation modeling. Please revise to reflect the actual analysis conducted.

The presentation of regression steps is clear, but it would be helpful to explicitly discuss why mindfulness entered second and whether other variables were tested but excluded.

You cite Gross's (2015) process model but do not clearly tie it back to the findings. Strengthen this section by linking suppression (as maladaptive) to rumination more explicitly using Gross's stages.

Authors uploaded the revised manuscript.

1.2. Reviewer 2

Reviewer:

The rationale for combining mindfulness and emotion regulation in predicting rumination is underdeveloped. Please expand on the theoretical or empirical basis for why these two variables are examined in conjunction.

You mention that "some items are reverse scored," but do not clarify how this was handled in analysis. It's important to briefly note how scoring was standardized or validated.

The description omits the Cronbach's alpha for the current study's sample. Please include internal consistency coefficients to establish local reliability.

The reported values suggest absence of autocorrelation, but the Durbin-Watson for Step 2 is missing. Please complete the table or explain omission.

The beta coefficients are informative, but the discussion incorrectly interprets the impact of suppression as increasing rumination, whereas the coefficient is negative. Please correct the misinterpretation.

The quote "destructive and negative thoughts" is overly informal for a scientific paper. Consider rephrasing with terms such as "maladaptive cognitions" or "dysfunctional thinking patterns."

Authors uploaded the revised manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.