




## Evaluating a Yoga-Based Intervention on Mindful Awareness and Stress Reactivity

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E d i t o r	R e v i e w e r s
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### 1. Round 1

#### 1.1. Reviewer 1

Reviewer:

The claim “Yoga... offers a promising avenue to improve individual resilience and reduce stress reactivity” should be supported with citations beyond Sharma (2025). Adding a recent systematic review (e.g., Sharma, 2025) strengthens the empirical foundation.

The reporting of Shapiro–Wilk, Levene’s, and Mauchly’s tests is commendable. However, effect sizes (e.g., partial eta squared) for within-subject and interaction effects should be interpreted more deeply in the narrative.

In “This reduction may be attributed to both physiological and cognitive mechanisms...”, it would strengthen the argument to cite a physiological mechanism study using HRV or cortisol (e.g., Haussmann et al., 2022).

The sentence “These findings suggest that yoga can be a valuable tool for supporting... workforce sustainability” should be more cautious, as the study did not directly examine occupational settings or burnout.

Authors revised the manuscript and uploaded the document.

*1.2. Reviewer 2*

Reviewer:

The sentence “These skills are critical in reducing stress reactivity...” could benefit from clearer definition and operationalization of "interoceptive awareness" and "cognitive flexibility" as applied in the current intervention.

In “Among adult populations, yoga has been found to reduce anxiety, improve sleep...”, consider specifying which study showed sleep improvement and how that links to the variables measured in your own study (mindfulness and stress reactivity).

The sentence “No statistically significant differences in demographic variables...” would be improved by including a supplementary table showing t-test or chi-square results for key demographic variables between groups.

The sentence “...where there is a dearth of culturally adapted yoga interventions...” is important. Consider discussing how the intervention was culturally adapted beyond community-based delivery (e.g., language, local values).

The reference to “Convergence neuroscience” (Laird et al., 2021) is compelling. However, the discussion could be enriched by connecting findings to neuroplasticity theories or models like Porges' polyvagal theory.

Authors revised the manuscript and uploaded the document.

**2. Revised**

Editor’s decision: Accepted.

Editor in Chief’s decision: Accepted.