




# The Relationship Between Childhood Adversity and Cognitive Flexibility The Moderating Role of Mindfulness

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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	<b>Reviewer 1:</b> Nadereh Saadati  Department of Couple and Family therapy, Alliant International University, California, United States of America. mdaneshpour@alliant.edu <b>Reviewer 2:</b> Farideh Dokanehi Fard  Associate Professor, Counseling Department, Roudehen Branch, Islamic Azad University, Roudehen, Iran. Email: f.dokaneifard@riau.ac.ir

## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The introduction states, "Cognitive flexibility plays a critical role in executive functioning and emotional regulation," but it does not clearly define "cognitive flexibility" operationally. Provide a precise definition early in the introduction to anchor the study's framework (e.g., Dennis & Vander Wal, 2010).

The CFI's subscales ("Alternatives" and "Control") are introduced but not explained in the context of the study's hypotheses. Clarify how each subscale aligns with the theoretical model (e.g., "Control" as a buffer against adversity).

The RMSEA value (0.044) is reported as "acceptable," but the threshold cited ( $<0.06$ ) is overly lenient. Discuss stricter benchmarks (e.g., Hu & Bentler, 1999:  $<0.05$ ) and justify the model's adequacy.

The correlation between mindfulness and cognitive flexibility ( $r = .59$ ) is strong. Discuss potential multicollinearity issues in SEM and how they were addressed (e.g., VIF scores).

The indirect effect of adversity via mindfulness ( $\beta = -0.19$ ) is labeled "partial mediation," but no formal mediation test (e.g., bootstrapping) is described. Clarify the method used (e.g., Sobel test).

The limitation about recall bias (p. 16) is underdeveloped. Cite studies (e.g., Kotera & Rhodes, 2019) showing how self-reports may inflate adversity-mindfulness correlations.

Response: Revised and uploaded the manuscript.

## 1.2. Reviewer 2

Reviewer:

The claim that "few studies have explicitly examined the moderating role of mindfulness" is not sufficiently supported. Cite specific reviews or meta-analyses (e.g., Zamir et al., 2023) to justify this gap and the study's novelty.

The CTQ-SF is described as valid, but no mention is made of its cross-cultural adaptation for Persian-speaking participants. Cite validation studies in Persian or similar populations to justify its use (e.g., Alizadeh et al., 2023).

Table 1 reports means but no ranges or skewness/kurtosis values. Include these to ensure readers can assess normality, especially given the Likert-scale data.

The neurodevelopmental effects of adversity (e.g., prefrontal cortex alterations) are mentioned but not tied to mindfulness. Integrate findings from Rodríguez et al. (2021) on neuroplasticity and mindfulness.

The sample is from Thunder Bay, but cultural factors (e.g., collectivism vs. individualism) are ignored. Compare results to Mongale & Amone-P'Olak (2020) to contextualize findings.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.