The Effectiveness of Mindfulness Training on Self-Control and Social Adaptation in Housewives

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1. Round 1

1.1. Reviewer 1

Reviewer:

The methodology employs a randomized two-group pretest-posttest approach which is commendable. However, the sample size is very small (n=30), which might limit the generalizability of the findings. It is recommended to either justify the small sample size with a power analysis or consider increasing it to enhance the robustness of the results.

It is unclear whether potential confounding variables (such as age, education level, or previous mindfulness experience) were controlled for in the analysis. Adjusting for these variables can provide more accurate insights into the effects of the mindfulness intervention.

The use of the Bell Social Adaptation Scale and the Tangney Self-Control Scale is appropriate, but the manuscript lacks a thorough discussion on the choice of these scales over others, especially in the context of cultural relevance and their psychometric properties within the Iranian population.

While the use of ANCOVA is suitable, more details should be provided on the assumptions checked prior to its application. Additionally, consider employing a mixed-model approach to account for both within-subject (time effect) and between-subject (treatment effect) variations.

The description of the mindfulness training protocol is adequately detailed, but it lacks information on the fidelity of implementation. It would be beneficial to include measures taken to ensure consistent delivery of the intervention across sessions.

The discussion of the results is straightforward but somewhat shallow. More in-depth analysis comparing your findings with existing literature, discussing possible mechanisms of action, and hypothesizing why certain results were achieved would enrich the discussion.

The limitations section is well-noted; however, it mainly focuses on generalizability. It would be advantageous to discuss methodological limitations related to the study design and execution that could impact the findings, such as lack of blinding and possible placebo effects.

Authors revised the manuscript and uploaded the document.

1.2.   Reviewer 2

Reviewer:

The manuscript should provide a more detailed justification for the selection of participants exclusively from Fateh Garden visitors. This choice could introduce selection bias, limiting the applicability of the findings to the general population of housewives.

The process of random assignment is mentioned but not described in detail. Clarifying how randomization was ensured can strengthen the validity of the study design.

While the groups were randomized, the manuscript does not report whether the groups were comparable at baseline on key demographic and psychological variables. Including this information would help verify the initial equivalence of the groups.

The data collection relies solely on self-report measures, which are subject to biases such as social desirability and recall bias. Future studies could include objective measures or third-party reports to corroborate self-reported data.

The manuscript presents mean scores and standard deviations but lacks a discussion on what these scores represent in a practical sense. Are these changes clinically significant? Discussing the clinical relevance of the findings would provide greater value.

The statistical analysis could be strengthened by including effect sizes and confidence intervals, which would provide more information about the magnitude and precision of the observed effects.

While the manuscript mentions adherence to the Helsinki Declaration, more specific details about ethical considerations, such as how participant confidentiality is guaranteed and how informed consent was obtained, would be beneficial.

Authors revised the manuscript and uploaded the document.

2.   Revised

Editor's decision: Accepted.
Editor in Chief's decision: Accepted.