




Development of a Structural Model for Predicting Psychological Well-Being Based on Mindfulness with the Mediating Role of Resilience in Women on the Verge of Divorce in Isfahan

Ardeshir. Holakoie¹, Armin. Mahmoodi^{2*}, Alireza. Maredpoor²

¹ PhD Student, Dept. of Psychology, Yasuj Branch, Islamic Azad University, Yasuj, Iran

² Assistant Prof., Dept. of Psychology, Yasuj Branch, Islamic Azad University, Yasuj, Iran

* Corresponding author email address: Dehlidena@yahoo.com

E d i t o r	R e v i e w e r s
Donatella Di Corrado  Associate Professor, Department of psychology, Kore University of Enna, Enna, Italy donatella.dicorrado@unikore.it	Reviewer 1: Mohsen Kachooei  Assistant Professor of Health Psychology, Department of Psychology, Humanities Faculty, University of Science and Culture, Tehran, Iran. kachooei.m@usc.ac.ir Reviewer 2: Mohammad Masoud Dayarian  Assistant Professor, Department of Counseling, Khomeinishahr Branch, Islamic Azad University. Komeinishar/Isfahan, Iran. dayarian@iaukhsh.ac.ir

1. Round 1

1.1. Reviewer 1

Reviewer:

The introduction section briefly touches on the relationship between divorce and psychological well-being but does not integrate theories of emotional regulation or resilience that are essential to the research. Including a paragraph on theoretical frameworks related to emotional regulation in divorced women could add depth to the introduction.

The paper mentions using the Kolmogorov-Smirnov test to assess normality. However, it would be more appropriate to report both the K-S results and whether the assumption of multivariate normality, required for SEM, was tested, for example using Mardia's test.

It is mentioned that missing data were handled using the "mean substitution method." This method can introduce bias. It might be better to use multiple imputation, and this should be justified based on the literature.

Table 1 presents descriptive statistics for the main variables. However, the means and standard deviations alone do not give readers a full understanding of the distribution of these variables. Consider adding histograms or box plots to visually represent this data.

You mention that resilience mediates the relationship between mindfulness and psychological well-being. However, no direct test of mediation (e.g., Sobel test or bootstrapping) is reported. It is critical to explicitly state which method was used to test mediation effects.

The structural model is presented with standard coefficients, but there is no accompanying discussion of potential multicollinearity between mindfulness and resilience. It would improve the robustness of the model if multicollinearity checks (e.g., VIF scores) are reported.

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

The study reports a sample size of 302, but no justification is provided for this number beyond Morgan's table. A brief explanation about why this sample size is adequate for structural equation modeling (SEM), including references to power analysis, would strengthen the methodology.

You mention that the Ryff scale has six factors but only briefly describe them. For clarity, include more details about each factor and why they are relevant to the population of women on the verge of divorce.

You state that "the reliability of the subscales of resilience has not been definitively confirmed." This is a critical issue. I suggest performing an exploratory factor analysis to confirm the subscales' reliability or clarifying whether the overall scale reliability is sufficient for your research objectives.

While you report significant relationships between variables, it is equally important to provide effect sizes (e.g., Cohen's d or standardized beta values) to quantify the practical significance of the findings.

The discussion briefly mentions that the results are consistent with prior research. However, it would benefit from a more detailed comparison of effect sizes, pathways, or model fits between your findings and previous studies.

The explanation of resilience's mediating role could be deepened. You might include more recent studies on how resilience functions as a buffer in high-stress populations, particularly in the context of divorce and family breakdown.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.