

Effectiveness of Mindfulness-Based Cognitive Therapy on Psychological Capital, Perceived Social Support, and Learned Helplessness in Women with Psoriasis

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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 sentence "Psoriasis is a common skin disease, which is not necessarily itchy, but is characterized by red plaques with scaling" is overly clinical. Expanding on how these symptoms affect the daily lives and psychological states of patients would provide more context.

The description of the intervention is detailed but lacks a discussion on how adherence to the MBCT protocol was monitored and ensured.

While the mean and SD are presented for pre-test and post-test, including effect sizes in the table would enhance interpretability.

The ANCOVA findings are significant, but the text lacks an explanation of why the pre-test covariate was removed for these analyses. Clarify this methodological decision.

"The results indicated that mindfulness-based cognitive therapy significantly increased psychological capital." Add more specifics about which components of psychological capital saw the greatest improvement and why.

The comparison of findings with prior research is strong but focuses predominantly on consistency. Discuss why any discrepancies with previous studies might exist.

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

"The most important factor to consider in this area for patients with chronic physiological damage is psychological stability." This claim is strong. Back it up with references or explain why psychological stability supersedes other factors like physical treatment adherence.

The gap identified is compelling but could be more specific. Highlight what aspects of MBCT's effectiveness in psoriasis patients remain unstudied compared to prior studies.

The sampling method is convenience-based. Elaborate on how this might introduce bias and affect generalizability.

The exclusion criteria do not clarify how psychiatric disorders requiring hospitalization were assessed. Consider specifying the diagnostic tools or criteria used.

The reliability scores of the tools (e.g., Cronbach's alpha) are reported, but it would be helpful to explain why these tools are particularly suited for this study population.

The sentence "Mindfulness also helps individuals realize that negative emotions may arise but are not permanent aspects of their personality" is insightful. Expand on the underlying neurobiological or psychological mechanisms.

The lack of long-term follow-up is mentioned as a limitation. Suggest considering a brief summary of how future studies might address this.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.