




The Effectiveness of Mindfulness Training on Physical and Behavioral Symptoms of Anxiety in Women with Yoga Experience

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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:

In Paragraph 1, the transition from discussing the prevalence of anxiety to its chronic nature feels abrupt. Adding a bridging sentence would create smoother conceptual flow for readers.

Paragraph 2 defines self-focused attention as “over-monitoring one’s own behavior...” but later uses the construct as a broader cognitive-attentional style. It would help the reader if you clarified whether the study conceptualizes self-focused attention as a state, a trait, or both.

The exclusion criterion that eliminates participants with conditions such as dysmenorrhea or chronic illness may significantly limit generalizability. A brief justification for why these conditions might confound the outcomes is recommended.

In the description of the Beck Anxiety Inventory, behavioral items are listed. However, this categorization differs from some commonly used structures. Adding a note explaining why this specific categorization was chosen would increase clarity.

The Results simply state that “over 50% of participants were aged 31 years or older.” A more detailed demographic table (age ranges, yoga experience duration, etc.) would improve understanding of the sample characteristics.

The ANCOVA assumptions section reports that normality and homogeneity criteria were met but does not provide specific statistics (such as Shapiro-Wilk values or Box's M values). Providing these would improve methodological transparency.

The MANCOVA table reports a large effect size, but the Discussion does not interpret its magnitude. Including a brief interpretation—such as describing whether it reflects a small, medium, or large effect—would help contextualize the findings.

Given that all participants had yoga experience, the Discussion should include a brief comparison between mindfulness-only and yoga-only interventions. This would help clarify whether the observed benefits result from additive effects or overlap between the two practices.

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

The final paragraph of the Introduction asserts that “no studies have simultaneously examined anxiety, self-focused attention, and resilience in individuals with yoga experience.” While this highlights a gap, the manuscript does not explain why yoga experience makes this population theoretically important. Strengthening this justification would improve the rationale.

The research question ending the Introduction is clear but very broad. It would be beneficial to specify separate hypotheses for each dependent variable (physical, cognitive, behavioral anxiety; self-focused attention; resilience).

In Paragraph 2 of the Method, the manuscript states that the sample size was selected in consideration of attrition rates found in prior studies. However, it does not report whether any participants in the present study actually dropped out. This information should be added.

In the Discussion, the statement “This increased bodily awareness enhances recognition of feelings...” is conceptually solid but does not explicitly connect these mechanisms to the measured subscales (physical, cognitive, behavioral symptoms). Strengthening this connection would add analytical depth.

The Discussion acknowledges reliance on self-report measures but does not address other threats to internal validity, such as expectancy effects or social desirability. A short elaboration would improve critical reflection.

The statement “No contradictory findings were observed” may unintentionally imply that the results are universally consistent. It would be clearer to specify that this refers to the literature reviewed, not to all possible studies.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.