Impact of Mindfulness and Alexithymia on Self-Concept: A Comprehensive Cross-Sectional Analysis

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1. Round 1

1.1. Reviewer 1

Reviewer:

While the diversity of the sample is noted, the use of convenience and snowball sampling methods raises questions about potential biases and the generalizability of the findings. Future research should aim for probabilistic sampling techniques to enhance representativeness.

The paper thoroughly describes the instruments used for measurement, which is commendable. However, discussing any limitations of these instruments or their applicability to diverse populations would strengthen the methodological rigor.

The analysis provides valuable insights, but the discussion could be enriched by exploring broader implications for mental health practice, education, and policy. Specifically, how can these findings inform interventions or programs aimed at improving self-concept through mindfulness and alexithymia mitigation?

Propose innovative future research directions, such as longitudinal studies, experimental designs, or the inclusion of neurobiological measures, to deepen understanding of the causal pathways between mindfulness, alexithymia, and self-concept.

While the conclusion highlights the study's contributions, it could further emphasize the novel insights or implications of the research. A stronger call to action for both researchers and practitioners based on the study's findings would be impactful.

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

The use of multiple linear regression is appropriate; however, detailing the decision-making process behind choosing this analytical method over others could clarify its suitability for the research questions addressed.

The suggestion for mindfulness interventions is promising. The paper could further explore specific, evidence-based mindfulness practices that are most effective for individuals with high alexithymia levels. Additionally, discussing potential barriers to implementing these practices and how they might be overcome would be useful for practitioners.

The acknowledgment of limitations is critical, yet the paper could discuss more explicitly how future research might address these limitations, particularly concerning sampling methods and the cross-sectional design.

Authors revised the manuscript and uploaded the document.

2. Revised

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