

Effectiveness of Positive-Focused Mindfulness Therapy on Mental Well-being, Quality of Life, and Stress Coping Strategies in Women with Bipolar Disorder

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1. Round 1

1.1. Reviewer 1

Reviewer:

Feedback:

- Sample Selection and Size:** The study's reliance on convenience sampling and a small sample size (30 participants) raises concerns about the generalizability of the findings. Future iterations should consider a larger and more diverse sample to enhance the external validity.
- Intervention Detailing:** While the therapy sessions are described, more thorough detailing about the intervention's content, including how it specifically targets the study population's needs, could improve the manuscript's utility for replication and application in practice.
- Measurements and Instruments:** The study utilizes standardized instruments for measuring outcomes; however, a discussion on their sensitivity to changes induced by mindfulness interventions in bipolar disorder populations would strengthen the argument for their effectiveness.

4. **Statistical Analysis:** The analysis demonstrates significant improvements, but a more nuanced interpretation of the data, considering the effect size and clinical significance of the changes observed, would provide a deeper understanding of the intervention's impact.
5. **Discussion on Mechanisms of Change:** The discussion could be expanded to explore the theoretical and practical mechanisms through which positive-focused mindfulness therapy influences the measured outcomes. This would offer valuable insights into the therapy's effectiveness and areas for further research.
6. **Limitations and Future Research:** The acknowledgment of limitations is brief. A comprehensive discussion on the limitations, including the study design's inability to infer causality, and suggestions for future research directions, such as longitudinal studies, would enhance the manuscript's contribution to the field.

Recommendations:

- Expand on sample selection criteria and consider increasing the sample size.
- Provide a detailed description of the intervention content and its relevance to the study population.
- Discuss the chosen instruments' suitability and sensitivity for the study's outcomes.
- Offer a deeper statistical analysis, including effect sizes and clinical relevance.
- Explore and discuss the potential mechanisms of change induced by the therapy.
- Elaborate on the study's limitations and propose specific directions for future research.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

Enhance clarity in the methods and results sections.

Provide more details on statistical power and effect size interpretation.

Deepen the discussion on how the study's findings align with and contribute to existing literature.

Offer more detailed practical implications for clinical application.

Response: Revised and uploaded the manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.