

Review of: "Evaluation of the Mindfulness-Based Wellbeing Enhancement Program: Effects on Wellbeing Outcomes"

Diana Mabilia¹

¹ Independent researcher

Potential competing interests: No potential competing interests to declare.

This work is really interesting, and it describes in detail the innovative aspects proposed by the MBWE program. Some limitations (and possible elements for improving the study), such as the comparison group and the number of sessions completed, as well as the exclusive use of instruments designed to assess mindfulness, were already highlighted by the authors.

Anyway, comparisons among control groups (clinical, people with organic pathologies, etc.) could better clarify and support the effects of the intervention, particularly if some measures regarding, for example, wellbeing (WEMWBS, WHO-5, PWB...) as well as internalizing-externalizing symptoms (BAI, BDI, SCL-90-R) would be added to future studies.