

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

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Potential competing interests: No potential competing interests to declare.

Introduction

I think it's relevant to give a brief definition of the sense of unhappiness, as well as how you are understanding human flourishing, and how it relates to depression (to make it more fluent for readers unrelated to the topic).

"as well as socioeconomic conditions, making the task of addressing these challenges complex for healthcare providers" – how are these factors related, and what are these challenges?

What type of therapy are you referring to?

"are limited in their capacity to serve large populations"... how and why?

Five Facet Mindfulness Questionnaire (FFMQ),... I think it's important to include the reference for the questionnaire in the text. I found it later on in the text, but I would suggest putting it before.

In study 1, were the authors able to identify differences between the cases that received the program online vs. in-person?

Within the limitations, I think it would be important to address that all participants had to pay a fee, and therefore may have an effect on a particular kind of participants and should be controlled in future studies.

"The findings indicate a positive correlation between participation in the MBWE program and increased mindfulness"... I couldn't find a correlation matrix, nor statistics for this statement. T-scores are also missing.

"Self-report measures have also been demonstrated to be effective for evaluating mindfulness", I think this reference should also be included in study 1.

I think it is important to state the approval of an ethical committee.

"Psychological Wellbeing Scale" include reference.

Within limitations, I would suggest that future research include larger sample sizes.

