

Review of: "Student's Well-being and Academic Performance"

Tavis Glassman¹

¹ University of Toledo

Potential competing interests: No potential competing interests to declare.

Reviewer Feedback:

I encourage this area of study, specifically the association between mindfulness and academic performance. Below please find my feedback, some of it includes minor corrections, while other areas are more conceptual. Indeed, most of my comments are simply designed to get the authors thinking about something they may have missed or could clarify. Not all of my comments need to be addressed, use your discretion. I hope you find my critique useful.

Abstract:

- It appears that you need to update your abstract make it past tense, once you complete the study.

Introduction:

- Please provide more background information on mindfulness. I also recommend including the prevalence rates of various mental health issues college students suffer from.

Methods:

- Remember, methodology is the study of methods. Therefore, you should label your section methods, rather than methodology.
- You will need to describe the program in more detail.
- Discuss how you will address missing data.

Results:

- Include the n when reporting the percentage.
- Include the p-value in Table 1 and report the t-test or whatever analyses you conducted.
 - Simply report the mean differences, not statistics for every participant.
- Write the results in narrative form.

Discussion:

- Often times it is very difficult to change GPA with the intervention due to grade inflation. Thus, I suspect your mean

differences would be larger in reality. Wondering if there's another academic measure to use other than GPA.

- Wondering if you could also gauge or comment on mindfulness fidelity. In other words, I bet some students were more engaged in mindfulness than others. This may be key to determining the “true” impact of the intervention.
 - Indeed, some participants may become frustrated attempting to master mindfulness techniques, which would skew the results or suggest a need to tailor the intervention toward hard-to-reach students.
- Under limitations, please discuss social desirability. In other words, some participants may be trying to please the research team. Recall bias could be another issue, depending on the timing of various questions.
- Try to double the number references you currently have for this scientific inquiry.

Overall, this study contributes to the growing body of knowledge on mindfulness and how it may impact college students wellness and overall academic success. Thank you for conducting this important research and allowing me to comment.