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Peer Review

Review of: "Rethinking Practice in Mindfulness-Based Interventions: A Developmental Theoretical Model Integrating Formal Practice, Informal Practice, Practice Quality, and Dispositional Mindfulness"

Larissa Bartlett[1]

1. Menzies Institute for Medical Research; Wicking Dementia Research and Education Centre, University of Tasmania, Australia

This paper contributes to the maturation of mindfulness research by presenting a theoretical model by which the mechanisms of formal and informal practices can be studied with greater granularity. The model acknowledges the role of formal practice (e.g., meditation) in an initial training phase, where new skills are developed and awareness of the generative cycle of thoughts, sensations, urges, and behaviours is seeded. It challenges the sufficiency of omnibus dose-response results in explaining differential training effects and argues for the measurement of frequency and quality of both formal and informal practices to support skill development and maintenance of benefit.

The paper is well-written and easy to follow. I consider it a valuable contribution to mindfulness research, particularly as the construct of trait mindfulness as a quantifiable disposition is increasingly studied for its influence on health and social outcomes, both within and beyond the context of MBI training.

Declarations

Potential competing interests: No potential competing interests to declare.

doi.org/10.32388/4N9DDU