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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"

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1. The manuscript would benefit from more consistent and appropriate citations throughout the paper. Incorporating relevant scholarly references across the introduction, conceptual explanations, and discussion sections would strengthen the academic foundation and overall rigor of the study.
2. While discussing mindfulness interventions, the authors may consider including examples of commonly used and effective mindfulness practices. A brief comparative discussion of different approaches could provide greater clarity regarding their unique features, applications, and effectiveness.
3. The manuscript could be strengthened by incorporating a comparative overview of the assessment tools used to measure mindfulness, particularly dispositional mindfulness. Discussing aspects such as validity, reliability, psychometric properties, and scoring patterns of commonly used scales would enhance the scientific depth of the review.
4. A stronger theoretical foundation on mindfulness theories would further enhance the quality of the manuscript. Expanding the theoretical review and integrating these conceptual perspectives more clearly within the discussion section would improve the coherence and depth of the study.
5. The implications section would benefit from more balanced and cautious academic language. Strong assertive terms such as “should” and “must” may be used more carefully to ensure that the implications remain evidence-based and scientifically grounded.



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6. The clarity of the manuscript may be improved by presenting the theoretical and practical implications as separate or clearly distinguished sections. This would provide a more organized presentation of the contributions of the study.
7. The manuscript would benefit from a more detailed acknowledgment of its limitations. As this study is based on a review and model development approach, aspects such as database selection, limitations within the reviewed literature, and the availability of statistical evidence may be discussed to provide a more balanced and transparent perspective.

## Declarations

**Potential competing interests:** No potential competing interests to declare.