

# 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.

The article is very interesting and can contribute to the field. On the other hand, some improvements should be taken into account before publishing. For example, I would recommend improving the presentation of the biographical data of the participants (age, gender, education, maybe country). I would also control the outcome of the questionnaire for biographical data. In study n. 2, as far as I could understand, a new instrument was created ad hoc: "The purpose of the questionnaire was to gather participant feedback and assess the personal benefits derived from the program." In this case, I think readers would like to know how the instrument was validated. I also believe that in the "Aims and Hypotheses" section, the research questions should be stated more clearly.

Finally, I would like to know whether or not this study received ethical approval from any institution and, if not, briefly state what measures have been taken to make this research ethical.