

# Review of: "Student's Well-being and Academic Performance: A Mixed-Methods Research"

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

This version of the manuscript is very well-written and includes detailed background, methodology, findings, and discussion. The only thing that may be important to add would be a bit more detail about the TYPE of mindfulness-based stress reduction program (MBSR). What/Which program was used (Dr. Jon Kabat-Zinn's MBSR program, etc.)? What specific practices were involved in this MBSR program (there was mention of mindfulness of breath, body scan, etc.), and how often (i.e., 10 mins, once per day)? Other than knowing specific details of the MBSR program, this manuscript is detailed and robust.

Thank you for your contribution to the growing body of literature supporting mindfulness practices as a means to improve overall well-being.