

Peer Review

Review of: "Evaluation of the Mindfulness-Based Wellbeing Enhancement Program: Effects on Wellbeing Outcomes"

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Thank you for conducting this research.

Demographic information is not provided; hence, the results of this study cannot be generalized.

The mental health and physical health outcomes of the effect of mindfulness were self-reported. Therefore, the results only include the sample and not the general population.

The authors mentioned the lack of a control group as a limitation of the study. When there is no demographic information, adding a control group cannot assist with the generalization of the results.

Declarations

Potential competing interests: No potential competing interests to declare.