

# Review of: "Student's Well-being and Academic Performance"

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

The presented empirical study shows that Mindfulness-Based Stress Reduction (MBSR) helps relieve stress, anxiety, and improves overall well-being in students and helps them increase academic performance. However, the article requires improvements before accepting for publication.

**General remarks:**

- Use past tense to describe the study. It is not a research grant proposal.
- Abstract should contain the most important results and findings of the study.
- Using tables and graphs could help understand the results of surveys and methodology.

Introduction should be extended to provide broader background to this study and literature review in this topic.

**Methodology:**

- What is the exact MBSR Program protocol?
- What is the demography of study group (Age, gender, year of study, program of studies)?
- What are inclusion and exclusion criteria?
- Do you address the problem that participants may not tell the truth in questionnaires?
- Did the participants from the experimental group fully comply to the MBSR program?
- The questionnaire should be moved to the appendix or submitted as a supplementary material.
- What do you mean by body scanning?
- How randomized is the assignment to study and control groups?
- Null hypothesis is not required.
- Did the study acquire the bioethics approval?

**Results:**

- The results should be more elaborated.

**Conclusion:**

- What are the limitations of the study?
- I see no comparisons with other similar studies.

- What are the future perspectives?