

# 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.

This interesting paper primarily describes two preliminary feasibility and acceptability studies of a “second generation” mindful program, MBWE, adapted from MBSR/ MBCT that inclusively targets well-being and human flourishing in adults. Feasibility and acceptability and early positive effects are suggested and support further study of the MBWE program. This draft (11/25/2024) is much improved from the previous versions.

My suggestions and questions by section are as follows:

**Title:** I agree with Reviewer#3 that the words after the colon (“Effects on Well-Being Outcomes”) should be removed, as statistics to test effects on well-being were not applied in the two studies presented. Alternatively consider using the word impact instead of effects.

**Abstract:**

1. Use caution in describing the scope and overall findings of these studies given the limitations of the methods used, e.g. no control group etc. as mentioned in your Limitations section. It seems more appropriate to describe the studies as feasibility and acceptability studies that assess the program’s preliminary effects on mindfulness and general well-being.

**Introduction:**

I am not sure it is accurate to state that the application of mindfulness remains largely restricted to clinical settings. (first sentence last paragraph). Perhaps mindfully research may be limited to clinical settings?

**The MBWE program:.**

1. Explain how “inherently whole” differs from the concept of “Basic Goodness”? Are there MBP’s that address “fragments” of self? If so, I suggest adding a citation.
2. Social awareness is an important aspect of mindfulness. In this paper, it is described as an overlooked dimension of MBP’s; however, loving kindness meditation and other practices from extant MBP’s may also be viewed as promoting social awareness. Perhaps MBWE promotes social awareness in uniquely focused way?
3. The term “future-oriented approach” seems antithetical to the notion of present moment awareness. Did you mean the program is geared toward achieving long term positive effects? Does this differ from the goal of other MBP’s?

Table 1.

1. Add Citations for or descriptions of the Well-being self-assessment and Character strengths survey
2. It seems that the Brain and Mindfulness is also sometimes presented as part of MBSR.

Table 2. Nicely presented, but the paragraph that follows is confusing. How did the study (these studies) aim to provide evidence of MBWE's capacity to promote human flourishing across individuals when human flourishing was not measured per se?

Methods

I can appreciate that basic participant demographics were not considered consistent with MBWE goals of inclusivity, however presenting and exploring basic demographics of the sample would have enhanced the quality of the study. For example you could consider collecting age and sex at minimum and possibly level of education, employment status, and marital/partner status or lives alone/lives with others status etc.

Was the study submitted to an Institutional Review Board?

Analytic methods:

Did you consider computing Effect Sizes for each FFMQ dimension?

Did you test the variance/shape of the data?

Table 3.

What was the specific number or range of participants in each cohort per year?

Table 5.

Suggest presenting p values in a consistent format in tables and discussion.

Results:

Present results without comments.

Discussion:

Again use caution not to overstate findings

## Study 2

Experimental Design

1. Could this be presented straight away as a Qualitative design?

Self-report qualitative studies do not generally have an apriori hypothesis, but may be

hypothesis generating. You may consider using a research question instead of an hypothesis.

2. Also self-report studies generally do not evaluate effectiveness. Consider using a word like impact, although the word impact also has limitations.

3. Qualitative research does not generally identify a dependent variable.

4. Was the self-report questionnaire tested for content validity or expert validity prior to the study?

Table 6

Again, suggest providing the number of participants for each cohort by year.

Analytical Method

Was thematic analysis used to assess the open-ended responses? If so, provide citations from the qualitative literature.

Results:

1. Who placed the answers into categories for review by the authors? The research team?

What was the criteria used - discussion with adjudication?

2. Suggest removing any subjective or validating comments from the Results section and instead moving them to the Discussion.

Discussion:

How did you test for outliers to assess the impact of Covid-19 on findings—suggest adding this to the Methods and Results sections.