

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

Sonia Gondim¹

¹ Universidade Federal da Bahia

Potential competing interests: No potential competing interests to declare.

The empirical study addresses a topic of great social and scientific relevance nowadays in the academic career, particularly after the pandemic. Unfortunately, it presents theoretical and methodological fragilities. I will, in sequence, point out the problems that require attention from the authors to do a broad review.

Title: It is objective and corresponds to the content of the manuscript.

Abstract: It is presented as a research project. It is necessary to review to include appropriate Objectives, Methodological procedures, Results, and Conclusions.

Introduction: This section requires contextualizing the research problem. Then, address the conceptual aspects and the justification of the hypothesis. The null hypothesis does not need to be mentioned because it is implicit. It is necessary to justify H1. The objectives do not match an experimental design.

Method: this section should be rewritten entirely. The authors should have described all the methodological procedures in detail, in line with the experimental design. The number of participants should be justified. The MBSR is superficially mentioned, and nothing is described about the instruments. The control group was passive or active? Being a passive or active control group makes much difference when comparing the two groups (control and experimental). The questionnaire should be in the appendix, not in the method section. There is no subsection about the data analysis procedures.

Results: This section should be rewritten entirely in alignment with my comments on the method section. I recommend structuring the results section guided by the study's objectives. Tables and figures could be used to simplify and synthesize the results. Moreover, there is no evidence of the data treatment, such as a factor analysis. The results do not corroborate the benefits of the Mindfulness program. The authors gave more importance to the percentage results.

Discussion: This section is fragmented and must be significantly improved, including literature about studies with similar samples. The mindfulness program studies increased in relevance in many target audiences, particularly graduate students. An academic career raises challenges to ensure the mental health of lecturers and students.

Conclusions: The conclusions could be more precise. This section must include related limitations and suggestions to improve the current study, aiming at a new direction for future research in this field.

References: The authors need to mention more studies in this field, amplifying the literature review, particularly theoretical and classical references.

Good luck to the authors.