

Peer Review

# Review of: "Mindfulness-Based Intervention Improves Quality of Life and Reduces Burden in Family Caregivers of People with Intellectual Disabilities: A Pragmatic Randomized Trial with an Active Control"

Manika Petcharat<sup>1</sup>

1. Nursing, Florida Atlantic University, United States

This research is highly valuable in addressing psychological distress among caregivers of individuals with intellectual disabilities. To enhance clarity and consistency, please consider the following suggestions:

- 1. Title Consistency (Page 1):** Please ensure consistent use of terminology throughout the manuscript when referring to the intervention. For example, choose either *Mindfulness-Based Intervention (MBI)* or *Mindfulness-Based Health Promotion (MBHP)*, as referenced on page 8. Consistent terminology will strengthen the paper's coherence and appeal to readers.
- 2. Abstract Clarity:** The opening sentence refers to a "culturally adapted MBI." It would be beneficial to explicitly describe how cultural elements were integrated into the intervention. This clarification should also be reflected on page 8 under the MBHP section to provide a clearer understanding of the cultural tailoring involved.
- 3. Page 3 – Participants Section:** How was *moderate intellectual disability* defined in this study? Please specify the criteria used, including any diagnostic or psychometric assessment tools (I believe that the WASI and the Adaptive Behavior Assessment were used) employed to determine the level of intellectual disability. A clear description will enhance the transparency and replicability of the study.

4. **Page 4 – Recruitment Section:** Please clarify the recruitment methods used in this study. For example, were participants recruited through word of mouth, flyers, social media, institutional referrals, or other means? Additionally, if any adverse effects occurred during the study, please describe how these were identified, monitored, and managed by the research team. This information is important for assessing the ethical rigor and safety protocols of the study.
5. **The MBHP and Problem-solving training instructors (pages 8-9):** Were the instructors for both the MBHP and Problem-Solving training groups formally trained to deliver their respective interventions? If so, please indicate this in the manuscript to ensure consistency and fidelity of program delivery across groups.

## **Declarations**

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