

Review of: "Student's Well-being and Academic Performance: A Mixed-Methods Research"

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Potential competing interests: No potential competing interests to declare.

This paper has provided some good insights on stress reduction in university students. However, this paper required major revision. This paper does not provide an introduction or review of MBSR and its methodologies. What kind of MBSR techniques were adopted? In addition, this paper should conform to the standards of a peer-reviewed journal. It seems like it has been copied and pasted from a thesis to obtain feedback on the thesis contents.