

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

Patricia Oliveira de Lima¹

¹ University of Campinas (Unicamp)

Potential competing interests: No potential competing interests to declare.

The topic covered is interesting and highlights the benefits of meditation and mindfulness on stress, anxiety, well-being, and even academic performance. However, the data and the literature are not sufficient to confirm this in this study. Additional evaluations are necessary to prove this hypothesis.

There are no references in the introduction section.

Methodology

1. Which courses were evaluated? Several different courses were evaluated. Health, humanities, and exact courses have different perceptions of academic stress. I understand the importance of having a representative sample, but there is a need for a more detailed explanation of this process in the methodology.
2. None of these questions assesses academic performance. Just an open question cannot guarantee this; there is no way to prove it. I suggest removing it from the title or evaluating this issue more specifically. They could assess academic performance through tests/exams, for example.
3. It would be interesting to evaluate salivary cortisol levels to deny the null hypothesis.
4. Are the questionnaires validated in the literature? Include references.

Discussion

The discussion is not based on scientific evidence, and there is no comparison with other articles in the literature.