

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"

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This study is a randomized controlled trial (RCT) evaluating interventions aimed at improving the quality of life of family caregivers of people with intellectual disabilities and reducing their burden of care. The challenges of family caregiving are a common social issue in developed countries and of interest. A notable feature and strength of this study is its design, which evaluates a mindfulness-based program using a pragmatic RCT.

However, there are some points that require further consideration.

First, since there are numerous intervention programs aimed at reducing the burden of care and improving the quality of life for family caregivers, it is necessary to organize the relevant prior research and clearly indicate its relationship to this study in the introduction.

Similarly, providing an overview of the current situation regarding family caregiving for people with intellectual disabilities in Brazil would likely deepen readers' understanding.

While the content of the intervention is described, the theoretical framework and development process behind it are not explained.

The results are analyzed from both quantitative and qualitative perspectives and are considered to align with the research objectives. However, to present the results more clearly, given the large number of tables and figures, it is necessary to create tables and select figures carefully.

Regarding the basic attributes of the study participants, since the scope and characteristics of disabilities

may vary by country, it would be beneficial to include information on the level of disability and characteristics of the person with intellectual disabilities in this study.

We recommend that you refer to guidelines such as Standard Protocol Items: Recommendations for Interventional Trials (SPIRIT) and Template for Intervention Description and Replication (TIDieR), which are guidelines for reporting interventional studies, and reconsider your approach.

Declarations

Potential competing interests: No potential competing interests to declare.