

Review of: "Research Trends in Mindfulness for Adolescents: Based on CiteSpace Visualization Analysis"

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Potential competing interests: No potential competing interests to declare.

Introduction

Overall, the introduction effectively outlines the importance of mindfulness research and its relevance to adolescents. However, there are some areas where it could be improved. The introduction lacks smooth transitions between ideas, leading to a disjointed reading experience. For instance, the shift from discussing the origins of mindfulness to its applications in cognitive psychology could be better connected to provide a more coherent narrative flow.

The introduction heavily relies on citations to support various claims, disrupting the flow of the text. While citations are essential for academic rigor, integrating the information more seamlessly or consolidating references could enhance readability. While the introduction mentions questions regarding the evaluation of mindfulness interventions, research topics, sources of information, and contraindications, it lacks clarity on why these questions are significant and how addressing them contributes to the field. Providing more explicit rationale for the research gaps would strengthen the introduction.

While the introduction states the aim of the study, it could be more explicit about the specific objectives and the significance of the research. Clearly articulating what the study hopes to achieve and why it matters would engage readers and provide context for subsequent sections. Some sentences are convoluted and could benefit from simplification. Using clearer language and avoiding unnecessary complexity would improve understanding, especially for readers unfamiliar with the topic.

While the introduction briefly touches on the cross-cultural aspect of mindfulness, it predominantly focuses on its development and application in China. Providing a broader global perspective on mindfulness research and its implications for adolescents worldwide would enrich the discussion. Although the introduction mentions the use of bibliometrics and visualization analysis software, it lacks justification for why these methods were chosen and how they will address the research questions. Providing a brief explanation of the suitability of these methods would enhance the introduction's clarity.

Method

While the research method outlined provides a systematic approach to literature searching, there are some potential limitations and areas for improvement. The search terms used may not capture all relevant literature on adolescent mindfulness. For example, some relevant articles may not use the specific terms included in the search strategy.

Additionally, the inclusion criteria seem broad, encompassing a wide range of terms related to children and adolescents, which could potentially lead to a large number of irrelevant results.

The study only includes literature published in English and Chinese, potentially excluding relevant research published in other languages. This language restriction may limit the comprehensiveness of the literature review and overlook valuable insights from non-English and non-Chinese sources.

The selection of the time span for English literature (1991 to 2022) and Chinese literature (2011 to 2022) may introduce bias by excluding earlier relevant studies. Additionally, the discrepancy in the starting points of the time spans for English and Chinese literature may affect the comparability and completeness of the review across languages.

While the Web of Science (WoS) and China National Knowledge Infrastructure (CNKI) databases are widely used and reputable sources for academic literature, relying solely on these databases may result in overlooking relevant studies indexed in other databases or published in non-academic sources.

The large number of documents extracted from the databases (1121 from WoS and 196 from CNKI) suggests a potentially overwhelming amount of data to analyze. Without clear criteria for document selection or sampling, it may be challenging to manage and synthesize such a large volume of literature effectively.

To address these limitations, researchers could consider refining the search strategy to include additional keywords and terms related to mindfulness and adolescence. They could also expand the search to include literature published in other languages and databases. Furthermore, setting clear inclusion criteria and adopting a systematic approach to document selection could help manage the volume of literature extracted for review.

Findings and Discussions

The findings and discussions presented in the research have several strengths but also raise some critical points for consideration.

The analysis of the current situation of adolescent mindfulness research provides valuable insights into the trends and patterns of publication over time, including the growth phases and geographical distribution of research output. The visualization of data through figures and graphs enhances understanding and facilitates interpretation of the findings. However, there are some limitations and areas for improvement that need to be addressed.

First, while the analysis of countries, institutions, and authors provides useful information about the volume of publications and collaboration networks, there may be biases introduced by focusing solely on English and Chinese literature. Excluding research published in other languages and databases could result in overlooking relevant studies and perspectives from different regions and cultures.

Moreover, the discussion of research hotspots and emerging trends in adolescent mindfulness provides valuable insights into key areas of focus. However, the interpretation of these findings could be enhanced by considering the broader context of the research landscape, including potential biases in keyword selection and clustering methods.

Additionally, the discussion of the mechanism of mindfulness and its implications for psychotherapy and adolescent mental health offers valuable insights into the theoretical underpinnings of mindfulness interventions. However, the discussion could benefit from a more critical evaluation of the evidence supporting the effectiveness of mindfulness-based interventions, particularly in diverse cultural contexts and populations with specific mental health needs.

Furthermore, while the implications for future research in adolescent mindfulness highlight important directions for further inquiry, such as clarifying the core psychological factors of mindfulness and exploring its mechanism in mental disorders, there is a need for a more nuanced discussion of the potential limitations and ethical considerations associated with mindfulness research and practice.