

# Review of: "Evaluation of the Mindfulness-Based Wellbeing Enhancement Program: Effects on Wellbeing Outcomes"

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

Thank you very much for the opportunity to contribute to this work. The topic is highly engaging, and the idea of using a mindfulness-based program to actively promote flourishing is compelling. This paper presents valuable insights, and I hope my suggestions will help further refine and maximize its impact. Below are my comments and suggestions:

Section	
Introduction -Page 1-2	The introduction focuses heavily on the prevalence of mental health issues such as depression and anxiety, as well as on the difficulties individuals with mental health challenges face in accessing adequate support. Given that the training program analysed in this paper aims to promote well-being and flourishing within the general population, it might be more useful to emphasize this aspect. Introducing MBWE as a proactive approach for enhancing quality of life, even in the absence of clinical conditions, could align the introduction more closely with the program's objectives.
The MBWE Program Page 2-4	It would be beneficial to clarify how the structure and approach of MBWE differ from traditional mindfulness-based programs. Specifically, it would be useful to explain how this program promotes the "happiness paradigm." I believe that providing a clear overview of the course structure would also add value. Additionally, I would recommend not previewing the results in this section.
Study 1 Page 4-7	This section provides some incomplete information on how the course was administered. For example, while it's noted that the program was offered both in-person and online, there is no detail on the number of sessions provided virtually or the method of online delivery. It mentions a screening process to exclude those unlikely to benefit, but the exclusion criteria are not specified. Although it states that 50 participants took part over three and a half years, it does not specify how many participated per year. Considering the impact of COVID-19 in 2020 and 2021, results from these two years could be particularly significant. In the <i>Results</i> section, I would also recommend adopting a more conditional tone. For example, in the statement indicating that the data suggest the program effectively enhances mental well-being, I would add "may" to suggest potential efficacy rather than certainty.
Study 2 Page 7-11	Since the study used a self-developed questionnaire, it would be beneficial for the paper to include the questions in detail to enhance readers' understanding of what was asked. It would also be helpful to specify the number of participants who attended in-person versus online, ideally identifying those who took part during the COVID-19 period and exploring whether their evaluations differ. Regarding the questionnaire items related to human flourishing, additional details would be useful. For example, one question reportedly assesses satisfaction with the facilitator—how does this measure human flourishing? This item seems more aligned with evaluating the perceived usefulness of the course. Additionally, it would be helpful to clarify the criteria used to aggregate "common benefits" and to provide more insight into the methods for analysing participant responses.
Limitations Page 13-14	The limitations section could be further expanded to discuss potential biases related to self-reporting, the COVID-19 context, and the variability in delivery methods (in-person or online).
Discussion & Conclusion Page 12-14	In the <i>Conclusion</i> , I would focus on the program's high acceptability and perceived usefulness. The questions posed to participants seem to investigate these aspects rather than assess participants' levels of flourishing. Additionally, the discussion refers to physical benefits, which are not mentioned earlier in the paper; it would be appropriate to introduce these in the <i>Results</i> section as well. Finally, I recommend using a more conditional tone regarding program effectiveness. The data suggest that the intervention could improve general well-being; however, the lack of a control group, the reliance on qualitative measures, and the absence of participant data prevent drawing definitive conclusions.

