

# Review of: "Student's Well-being and Academic Performance"

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

Thank you for sharing your article for review. Here are my thoughts about strengths and areas of improvement:

## Strengths:

**Clear and Concise Abstract:** Your abstract succinctly outlines the study's purpose, methods, and anticipated outcomes, providing a clear overview for readers.

**Relevance and Timeliness:** The topic is highly relevant in contemporary educational contexts, addressing critical issues like stress and academic performance.

**Well-Defined Hypotheses:** The clear distinction between the null and alternative hypotheses provides a solid foundation for your research, guiding the study's direction.

**Robust Methodology:** The use of a randomized controlled trial and stratified random sampling enhances the study's validity and reliability, ensuring a comprehensive approach.

**Comprehensive Data Collection:** The mix of quantitative (GPA, standardized questionnaires) and qualitative (interviews) data collection methods is commendable, offering a well-rounded perspective on the research topic.

**Ethical Considerations:** The declaration of no conflicts of interest and no funding received adds to the credibility and ethical standing of the research.

## Areas for Improvement:

**Contextual Background:** While the introduction touches upon the importance of mindfulness, expanding on existing research in this field could provide a stronger backdrop for your study.

**Details on MBSR Program:** Providing more detailed descriptions of the MBSR program, including session content and frequency of home practices, would be helpful for replicability and understanding its intensity.

**Control Group Activities:** Clarifying what the control group was doing during the study period would provide context for their experience and help in understanding the study's outcomes.

**Discussion on Limitations:** Acknowledging the study's limitations, such as the potential for self-report bias or the short duration of follow-up, would offer a more balanced view.

**Broader Implications:** Exploring how this research could inform educational policies or student support programs would enhance the impact and practical applications of your findings.

To conclude, your article is well-structured, thorough, and addresses a significant issue in education. It provides valuable insights and makes a meaningful contribution to the field of educational psychology. The integration of both quantitative and qualitative data enriches the study, and your findings have practical implications that could benefit educational institutions. Considering the points of improvement could make your paper even stronger.