

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

Auditya Purwandini Sutarto

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

This is an interesting study that evaluates the effects of a 12-week mindfulness-based stress reduction program on undergraduate students, employing a mixed-methods approach. Despite significant improvement on stress reduction, well-being, and academic gains observed in participants, the academic improvements in the control group suggest external factors' influence.

To improve the quality of manuscript, please adhere to standard of peer-reviewed journals, like Mindfulness (Elsevier) and Applied Psychophysiology and Biofeedback (Springer), which often cover similar topics. The narrative style, rather than bullet points, is more suitable for this format.

In terms of data presentation, tables could effectively summarize findings, with the main points highlighted in the text. Detailed individual progress might be better suited for supplementary material unless individual evaluations are a focus of your study.

It is not necessarily to provide detailed formula or calculations, rather please emphasis on contextualizing your findings within existing literature on mindfulness programs among students. Discuss how your results support or differ from previous studies.