

Peer Review

Review of: "Acceptability, Feasibility, and Effects of a Mindfulness-Based Intervention on the Quality of Life and Performance of the Brazilian Paralympic Boccia Team: Mixed Methods Case Study"

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This mixed-methods case study addresses an important and relatively underexplored area by evaluating the acceptability, feasibility, and potential effectiveness of a mindfulness-based intervention (MBI) in elite Paralympic Boccia athletes and their technical staff. The manuscript's principal strengths include its longitudinal follow-up, integration of qualitative and quantitative methodologies, and detailed description of the Mindfulness-Based Health Promotion (MBHP) protocol adapted to the Paralympic high-performance sport environment. The study provides valuable applied insights by demonstrating high participant adherence, strong acceptability ratings, and improvements across several psychological well-being domains, including reductions in stress, anxiety, and depression, alongside increased mindfulness and quality-of-life indicators. The inclusion of both athletes and support staff adds ecological validity and highlights the systemic nature of psychological performance support within elite sport teams. Furthermore, the incorporation of maintenance sessions and pandemic-related adaptations enhances the real-world translational relevance of the intervention.

However, several methodological limitations reduce the strength of causal inference and generalizability. The absence of a control or comparison group, small convenience sample drawn from a single national team, and reliance on self-reported performance outcomes limit the ability to attribute observed improvements directly to the intervention. The reported perfect correlation between perceived mindfulness effects and competitive success is likely influenced by small sample size and subjective perception bias rather than a robust empirical relationship. Additionally, objective sport-specific

performance metrics, such as precision accuracy or match analytics, were not included and would substantially strengthen performance-related conclusions. While the mixed-methods design is commendable, clearer integration of qualitative and quantitative findings using formal joint analytical frameworks could improve interpretative rigor. The study would also benefit from a deeper discussion of potential confounders, including coaching strategies, team cohesion dynamics, and pandemic-related psychological stressors.

Overall, the article provides a meaningful exploratory contribution to sports psychology and Paralympic rehabilitation research and supports the feasibility of mindfulness-based approaches within elite adaptive sport contexts. Nevertheless, future research employing randomized controlled designs, objective performance indicators, and larger multi-team cohorts is necessary to validate efficacy and establish stronger evidence for implementation in high-performance Paralympic training programs.

Declarations

Potential competing interests: No potential competing interests to declare.