

REVIEWER'S REPORT

Manuscript No.: IJAR-56827

Title: *Mindful Eating as a Behavioral Strategy for Weight Management: A Narrative Review with Implications for Primary Care in the Pharmacotherapy Era.*

Recommendation:

Accept after Minor revision

Rating	Excel.	Good	Fair	Poor
Originality	✓			
Techn. Quality		✓		
Clarity		✓		
Significance	✓			

Reviewer's ID: JPR-198

Detailed Reviewer's Report

Topic is timely and relevant (GLP-1 drugs are popular, but weight comes back after stopping them). The proposed MEPIM model (a 3-step plan to combine mindful eating with medication) is a useful new idea. Good use of recent studies (2024–2026) and helpful summary tables. The Authors focus on primary care makes it practical.

Major Comments

1. **MEPIM is just an idea, not proven yet** – Add one sentence saying this framework needs to be tested in future studies.
2. **Tone is sometimes too positive** – Change "superior" to "greater" and avoid sounding like an advertisement for mindful eating.
3. **Duplicate reference** – References 15 and 28 are the same paper. Delete one and fix the numbering.
4. **Fix Table 2** – The row for Kudlek et al. says "Multiple arms." Replace with the actual number of studies.
5. **Add publication bias** – Mention in limitations that studies with positive results are more likely to be published.
6. **Fix reference format** – Make all references consistent (DOIs, journal names, etc.)
7. **Abstract is a bit long** – can shorten if journal has word limits
8. **Length is fine** – no need to cut content