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REVIEWER'S REPORT

Manuscript No.: IJAR-56905

Title: Effectiveness of Mindfulness-Based Interventions on Chronic Pain Reduction in Breast Cancer Patients: A Narrative Review.

Recommendation:

Accept as it is

Accept after minor revision.....

Accept after major revision

Do not accept (*Reasons below*)

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

Reviewer's ID: Dr. Sumathi

Detailed Reviewer's Report

- (MBSR) is an 8-week, evidence-based program developed by Dr. Jon Kabat-Zinn in 1979 that combines mindfulness meditation, yoga, and breathing exercises to help individuals manage stress, anxiety, chronic pain, and illness. It aims to foster present-moment awareness, reduce reactivity, and improve overall well-being.**
- (MBCT) is an 8-session structured program combining cognitive behavioral therapy (CBT) with mindfulness techniques (meditation, body scans) to prevent relapse in people with recurrent depression. It helps individuals identify, observe, and detach from negative thought patterns rather than getting overwhelmed by them.**
- Chronic pain is persistent pain lasting longer than 3–6 months, often continuing beyond the expected healing time. It can result from injuries, illnesses like arthritis or cancer, or nerve damage. Symptoms include aching, burning, or shooting sensations, often causing fatigue, mood changes, and limited mobility.**
- Breast cancer is a disease where cells in the breast grow uncontrollably, often forming tumors in the ducts or lobules. Key**

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symptoms include new lumps, skin changes, or nipple inversion. Diagnosed via mammograms and biopsies, treatments include surgery, radiation, and medication. Risk factors include age, alcohol, and genetics.

5. Pain catastrophizing is an exaggerated negative mental response to actual or anticipated pain, characterized by rumination, magnification of threat, and feelings of helplessness. It is a major psychological predictor of poor pain outcomes, often leading to higher pain intensity, disability, depression, and increased healthcare utilization.
6. Oncology supportive care is a comprehensive, person-centric approach that improves quality of life for cancer patients and families by preventing or treating symptoms and treatment side effects. It addresses physical, psychosocial, and spiritual needs from diagnosis through survivorship, including pain management, nutrition, counseling, and integrative therapies.
7. Mindfulness is the practice of intentionally focusing on the present moment with openness and without judgment, strengthening mental and physical health by reducing stress, improving emotional regulation, and increasing awareness. It can be cultivated through daily, short-duration exercises like mindful breathing, body scans, and focused walking.
8. Key words are good.
9. Abstract is good.
10. Significant points are given excellent.
11. But in result part should be given tables with graphs for values.
12. Summary points also be added.
13. References should be in alphabetical order.
14. After those changes good to publish in your journal.