



ISSN NO. 2320-5407

ISSN(O): 2320-5407 | ISSN(P): 3107-4928

International Journal of Advanced Research

Publisher's Name: Jana Publication and Research LLP

www.journalijar.com

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		✓		
Techn. Quality		✓		
Clarity	✓			
Significance	✓			

Reviewer Name: Dr S. K. Nath

Detailed Reviewer's Report

Strengths of the Study

- **Relevance and Timeliness:** Addresses a significant clinical issue chronic pain in breast cancer patients and explores a non-pharmacological intervention, which is highly pertinent in modern supportive care.
- **Comprehensive Literature Search:** Utilizes multiple reputable databases (PubMed, MEDLINE, PsycINFO, Web of Science, Cochrane) for a broad literature review.
- **Methodological Approach:** Systematic inclusion criteria for peer-reviewed studies, including RCTs, systematic reviews, and meta-analyses, enhance the methodological rigor.
- **Evidence Synthesis:** Effectively synthesizes evidence showing the efficacy of MBIs, especially MBSR and MBCT, with clear references to multiple meta-analyses and RCTs.
- **Neurobiological Insights:** Highlights mechanistic neurobiological pathways, including cortical changes, that underpin mindfulness-induced pain relief.
- **Clinical Applicability:** Provides practical considerations for integrating MBIs into supportive care pathways, emphasizing safety, accessibility, and versatility (including digital formats).

Weaknesses of the Study

- **Potential Overlap with Existing Literature:** The narrative review appears comprehensive but lacks explicit mention of whether this synthesis includes the most recent or any unpublished studies, raising questions about publication overlap.
- **Limited Critical Appraisal:** The discussion predominantly emphasizes positive findings without sufficiently addressing conflicting evidence or the quality variability among included studies.
- **Heterogeneity of Included Studies:** Acknowledges variability but does not quantitatively account for heterogeneity, limiting clarity on pooled effect sizes.
- **Potential Biases:** The inherent risk of bias in behavioral interventions due to lack of participant blinding is noted, yet strategies to mitigate or assess this are lacking.
- **Demographic Limitations:** Most included studies focus on high-income, predominantly White populations, limiting generalizability.
- **Follow-up Duration:** Many studies have short follow-ups (3-6 months), impacting understanding of long-term effects.
- **Digital Delivery:** Limited discussion on the challenges, acceptability, or barriers associated with remote or digital MBIs.

REVIEWER'S REPORT

- **References and Formatting:** Some inconsistencies in references, figures, and table formatting; the presentation could be improved for clarity.

Reviewer Comments

- **Title and Abstract:** The title accurately reflects the focus on mindfulness interventions and pain in breast cancer patients. The abstract succinctly summarizes the background, methods, results, and recommendations, but could benefit from clearer statements about the magnitude of effect sizes and limitations encountered.
- **Introduction and Objectives:** Well-structured, establishing the significance of chronic pain management in breast cancer survivorship and rationalizing the need for non-pharmacological options such as MBIs. Clear objectives are outlined.
- **Methodology and Statistical Analysis:** The review employs established criteria for study selection. However, the absence of a formal quality assessment or risk of bias analysis for included studies is a methodological limitation. Meta-analyses cited are appropriately summarized, but some details (e.g., heterogeneity statistics) could be elaborated for clarity.
- **Results and Discussion:** The synthesis emphasizes the consistent positive effects of MBIs on pain and related outcomes. The discussion appropriately integrates neurobiological mechanisms but could better address conflicting or null findings and discuss variability in intervention protocols.
- **Conclusion and Implications:** Conclusions are supported by the literature but should emphasize the preliminary nature of some evidence and the need for more rigorous, long-term studies to confirm findings.
- **Ethical Clearance:** Not explicitly discussed, but as a review, ethical approval is generally not required. However, acknowledgment of any ethical considerations related to included original studies is advisable.
- **Language and Presentation:** The manuscript is generally well-written. Minor grammatical and typographical errors should be addressed during revision. The text would benefit from clearer paragraph structure and consistent formatting of tables and references.
- **Figures and Tables:** The inclusion of a summary table (as seen with Table 1) enhances readability. Ensure all visuals are formatted uniformly and referenced appropriately.
- **References:** Extensive and relevant; some inconsistencies in formatting should be corrected for journal standards.