

Dear Editor,

Thank you for carefully reviewing our manuscript previously titled "A 5-minute mindfulness audio induction alleviates psychological distress and sleep disorders in patients with COVID-19" for possible publication in the World Journal Of Clinical Cases. We are grateful to you and your reviewers for their constructive critique. We have revised the manuscript, highlighting our revisions in red. and have attached point-by-point responses detailing how we have revised the manuscript in response to the reviewers' comments below.

Thank you for your consideration and further review of our manuscript. Please do not hesitate to contact us with any further questions or recommendations.

Yours Sincerely,

Jin-Feng Wu

## Reviewer Comments:

Reviewer #1:

### **Response:**

Under the heading 'outcome' the researcher mentioned Demographic characteristics (including age, sex, body weight, height, and educational background)

These demographic characteristics have not been found to reflect in analysis having any impact on intervention mindfulness. What are the significance of taking in to consideration of such variables in the study? Please revised the article reflecting the impact of these demographic variable.

The significance of demographic characteristics is to describe the sample and indicate the comparability between two groups of samples.

You have mentioned under the heading statistical analysis, 'categorical data are presented as n (%) and were analyzed using the chi-square test. Two-sided p-values <0.05 were considered statistically significant' ---but the categories are not specified here, whether it is used to indicate for demographic category or only for degree of sleep quality.

Sleep quality has been expressed as a continuous variable, and the categorised variable has been deleted, so there is no longer a chi-square test in the statistical method, which can be deleted.

Under heading 'Results', subheading Anxiety and depression before and after the intervention, there should be mentioned term-'significant' in the line 'depression decreased in the mindfulness group' after intervention.

It has been added according to the editing requirements.

**In annexure- Table 1. Baseline characteristics of patients with COVID-19.**

In table 1, you have given p value, what does it actually signifying? Are they difference between two groups taken for experiment or it is indication the difference of the demographic characteristics that is not clear. Any description related to p value in reference to table 1, has not been included.

There were no significant differences in age, sex, height, weight, and education between two groups before intervention (all  $P > 0.05$ , Table 1).

**In annexure-Table 2. SIM-C, HADS, and PSQI scores before and after intervention in patients with COVID-19.**

In table-2, sleep quality has been represent by independent sample t-test to compare experimental and control group. Then what purpose is being satisfied by further representation of the degree of sleep quality in percentage? If it has any significance please specify otherwise remove these from the table-2.

It has been Deleted the sleep quality level according to the editing requirements .

The specification of pre-test and posttest value has not been mentioned clearly in the table-2, except only the significance has been drawn in last line. To facilitate the readers the table representation need to modify with mention of p value for pretest & posttest for each variables.

It has been added according to the editing requirements.

**Table 3 SIM-C, HADS, and PSQI scores before and after intervention in patients with COVID-19 within groups.**

		Mindfulness (mean±SD)	Anxiety (mean±SD)	Depression (mean±SD)	Sleep quality (mean±SD)
Mindfulness	Before	30.16±5.58	14.05±2.56	14.15±3.21	12.85±3.06

group		interventio			
(n=43)	n				
	After	35.23±5.95	12.91±3.42	12.50±4.01	9.44±3.86
	interventio				
	n				
	P	<0.001	0.084	0.038	<0.001
Convention	Before	29.42±6.03	13.60±2.93	14.00±2.97	13.36±4.12
al group	interventio				
	n				
	After	31.17±6.50	13.25±2.83	13.52±3.68	11.87±4.06
	interventio				
	n				
	P	0.269	0.629	0.568	0.150

Comparison within 2 groups, After a 2-week intervention, the mindfulness level (35.23±5.95 vs. 31.17±6.50,  $P=0.006$ ) and sleep quality (9.44±3.86 vs. 11.87±4.06,  $P=0.011$ ) were significantly increased in the mindfulness group than in the conventional group. Depression decreased in the mindfulness group (from 14.15±3.21 to 12.50±4.01,  $P=0.038$ ), but there was no difference between the two groups.

### Discussion:

The first two para of discussion is mere repetition so it should be teamed.

It has been added according to the editing requirements.

Reviewer #2:

**Great work done from the authors. Your research findings are excellent.**

**However, kindly proofread the manuscript to correct a few grammatical**

**errors especially those to do with passive voice misuse and tenses.**

**Response:** Thanks for your comments, we had revised grammatical by English editing.