

REVIEWER'S REPORT

Manuscript No.: IJAR-54417

Date: 20/10/2025

Title: *A Mindfulness-Based Intervention Informed by Acceptance and Commitment Therapy (ACT) for Promoting Psychological Adjustment to Employment Stress among Graduating University Students*

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. Anam Zehra**

Date: 21/10/2025

Reviewer's Comment for Publication.

This paper presents an empirically rigorous and theoretically grounded study integrating *mindfulness* and *Acceptance and Commitment Therapy (ACT)* to address employment stress among graduating university students. The quasi-experimental, pretest–posttest design with econometric analysis provides both psychological and behavioral insights. The study's integration of mindfulness, ACT constructs, and employability psychology within a developing-country context, particularly the Philippines, marks a significant contribution to applied behavioral research and higher education policy.

Recommendation: Accept after minor revision.

Detailed Reviewer's Report

STRENGTHS

- Novelty and Relevance:** Addresses a major yet underexplored issue, employment stress, through an ACT-informed mindfulness framework, linking mental health with employability readiness.
- Sound Methodology:** Employs a quasi-experimental design (N=160) with regression, ANCOVA, and cointegration analysis, demonstrating methodological rigor and statistical credibility.
- Theoretical Integration:** Skillfully combines psychological flexibility theory with mindfulness and value-based behavior, extending the ACT framework into the domain of career transition.
- Contextual Significance:** Focus on the Philippine higher education context fills a regional research gap and aligns with post-pandemic labor market realities.
- Applied Implications:** The intervention model has strong potential for integration into university counseling, employability programs, and policy-level mental health initiatives.

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WEAKNESSES

1. **Language and Formatting:** Minor grammatical inconsistencies and uneven paragraph transitions in the introduction and discussion should be edited for clarity and conciseness.
2. **Literature Review Density:** While comprehensive, some sections repeat conceptual explanations; a more synthesized narrative would enhance focus.
3. **Analytical Clarity:** The presentation of econometric findings could include clearer visualization (e.g., tables or graphs) to improve interpretability.
4. **Cultural Framing:** Although contextualized in the Philippines, a brief comparison with other Southeast Asian studies (Malaysia, Thailand) could strengthen regional relevance.
5. **APA 7 Referencing:** Ensure uniformity in citation punctuation, italics, and hyperlink/DOI formatting across references.