

## 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. Touseef Malik**

Date: 21/10/2025

### Reviewer's Comment for Publication.

This manuscript provides a rigorous and well-structured empirical study integrating **Mindfulness** and **Acceptance and Commitment Therapy (ACT)** frameworks to address employment-related stress among graduating university students. The intervention demonstrates both methodological sophistication and practical utility in promoting psychological flexibility, resilience, and employability readiness. The paper's integration of behavioral science with econometric modeling enriches its scholarly merit, though minor refinements in presentation and APA formatting are advised.

**Recommendation:** Accept after minor revision.

## Detailed Reviewer's Report

### STRENGTHS

- Conceptual Innovation:** The paper successfully bridges mindfulness and ACT within the context of employment stress, creating an innovative theoretical framework applicable to career transition psychology.
- Methodological Rigor:** Employs a **quasi-experimental pretest–posttest control design (N = 160)** with **regression, ANCOVA, and cointegration analysis**, ensuring robustness and reliability of findings.
- Contextual Relevance:** Targets a culturally specific population, graduating students in the Philippines, addressing employment anxiety in a post-pandemic labor environment.
- Empirical Impact:** Demonstrates significant reductions in employment stress and increased mindfulness, flexibility, and resilience, with results sustained over time.
- Applied Significance:** Provides evidence-based insights for university counseling programs and policy-level mental health initiatives in higher education.

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## REVIEWER'S REPORT

### WEAKNESSES

1. **Lengthy Literature Review:** Some theoretical sections repeat ideas on mindfulness and ACT; condensing these would enhance focus and readability.
2. **Language Refinement:** Minor grammatical and syntactic improvements are needed, particularly in the discussion and abstract for conciseness.
3. **Statistical Presentation:** Graphical representation of results (e.g., bar or line charts) could make quantitative outcomes more accessible.
4. **APA 7 Formatting:** Several references need adjustment in italics, capitalization, and DOI/URL alignment.
5. **Theoretical Linkage:** Explicit integration between psychological flexibility and employability constructs could be strengthened in the discussion.