

Manuscript ID number: (#104403)

Title of paper:

Effects of a combined Nature-Based and Audio-Based Virtual Mindfulness intervention on stress and wellbeing of COVID-19 healthcare workers: a Randomized Controlled Trial

Title & Abstract

The article title is accurate, concise, and clear. The abstract is concise, comprehensive, clear, and consistent with both the title and the abstract elements

Introduction

The introduction offered a comprehensive overview of the relevant literature, providing a solid foundation for the research. By moving from general to specific, the researcher effectively contextualized the study and highlighted its importance within the broader field.

The methodology

Clear and appropriate for conducting a randomized controlled trial design research and uses the correct and acceptable method. The results are consistent with the statistical methods and research methodology.

Results:

The results of the article are closely related to the essence of the combine a nature-based program with an audio-based mindfulness intervention to address stress and promote psychosocial-spiritual wellbeing in COVID-19 HCWs, and it also presented remarkable progress and clear results.

Discussion

The discussion and interpretation of the researcher is logical in light of the results. The results of the tables and the figures were discussed in relation to objectives

Conclusion

The conclusions are related to the results

Figures & Tables

The figure and three tables are clear, comprehensive, and logical to the search results

The article is scientific and does not raise any ethical concerns. The article has not been published before and there is no similar title. The authors declare no competing interests or bias.

Comment to editor

Accept: The article meets the PeerJ criteria and should be accepted as is.