Reviewer’s report

Title: Examining Mindfulness-Based Stress Reduction: Perceptions from Minority Older Adults Residing in a Low-income Housing Facility

Version: 1 Date: 29 October 2010

Reviewer: Natalia E Morone

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The authors describe a qualitative study of 13 African-American low-income older adult women who have taken a mindfulness-based program modeled on Mindfulness-Based Stress Reduction called ELDERSHINE. Three focus groups were conducted with the objectives of assessing participants’ openness to the intervention, understanding which components of the intervention were most important to them, and examining their application of the mindful awareness training outside of the intervention. The study was well-written and the experience from African-American women would be a welcome addition to the mindfulness literature. I have the following comments:

Discretionary Revisions
1. The Analysis section can be condensed.
2. More detailed description of the ELDERSHINE program would be helpful.

Major Compulsory Revisions
3. There is no need to justify in the methods section why you chose a qualitative design (this section begins with, “Advantages of using focus groups include:….”) Instead, consider adding some of these ideas to the Introduction or Discussion section.
4. More specific demographic data would be helpful such as the mean age of participants with age range.
5. The conclusion is overstated, “This study demonstrated the acceptability and perceived benefits of a …” With only 13 participants it cannot be stated that the study demonstrated results. So please change wording.
6. A limitations section would be beneficial. Especially since the study only included women.

Level of interest: An article of importance in its field

Quality of written English: Acceptable

Statistical review: No, the manuscript does not need to be seen by a statistician.