Reviewer’s report

Title: A Mediation Model of Mindfulness and Decentering: Sequential psychological constructs or one and the same?

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Reviewer: Roger Hagen

Reviewer’s report:

The paper: “A mediation model of mindfulness and decentering: Sequential psychological constructs or one of the same?” tries to explore how the concepts of mindfulness and decentering is related to each other. This is an important research question since mindfulness approaches in psychological treatments have been widely used, but there seem to be less research to the question why mindfulness works, and therefore is mediation analyses warranted in order to gain more knowledge related to this important issue. The manuscript is well written and both the method and statistical analyses in order to explore the research question are well described and adequately. Although the paper is interesting to read I would suggest some suggestions for some minor revisions, which are:

1. There are some problems related to the definition of mindfulness in the literature. The concept of detached mindfulness should be mentioned in the introduction since this concept seems to include both decentering and mindfulness.

2. The use of a healthy sample should me mentioned as a major limitation in the manuscript. It could be that the processes explored in the manuscript would be different in a sample of depressive patients compared to a healthy sample. This should be mentioned under limitations.

3. The concept of detached mindfulness should also be mentioned in the discussion part of the paper.

When this is said, I found the paper interesting to read, the research questions are well defined and the conclusions drawn from the results are well balanced. It could be of interest for the reader to know how the findings of the study could be translated into clinical advices. The paper should be published after a minor revision.

Level of interest: An article of importance in its field

Quality of written English: Acceptable

Statistical review: Yes, but I do not feel adequately qualified to assess the statistics.
Declaration of competing interests:

'I declare that I have no competing interests'