Reviewer’s report

Title: Association among Dispositional Mindfulness, Self-Compassion, and Leukocyte Telomere Length in Chinese Adults

Version: 0 Date: 26 Apr 2019

Reviewer: Deborah McGann

Reviewer's report:

I had great pleasure in reading your paper. The writing style was clear and precise and the rationale for the study was well articulated and appropriate. As far as I am concerned, the Introduction and Method sections were excellent and I have no suggestions apart from a few minor typographical errors which I have marked up in the text. With regard to the results section, again the expression is clear and the overall structure is good. However, I wonder if too much is made of marginally significant effects? I think that a better approach would be to include summary tables of the regression models to include beta values, their confidence intervals, standardized beta values and the standard errors, as well as the significance value. The summary tables would also include R square for Step 1 and change in R square for Step 2 (see Field, 2016 for details). The Discussion section provides a good evaluation of the study but I have noted in the text some possible considerations. In particular, you suggest some mechanisms by which nonreactivity might be associated with LTL (namely low reactivity may be associated with fewer maladaptive cognitive styles and behaviours, such as rumination and avoidance respectively), yet you do not pick up on this when considering future research avenues. Perhaps a mediation analysis could be used to investigate these ideas further? Furthermore, it would be worth elaborating a little more on the causal direction of associations that you have found, which you do touch upon. Specifically, is there any support in the literature for the possibility that those with longer LTL are more likely to be nonreactive and/or more likely to have a kinder disposition to themselves and those around them? Could an experimental, intervention study shed more light on the causal direction? Please see my further comments in the text which have been highlighted in yellow.

Are the methods appropriate and well described?
If not, please specify what is required in your comments to the authors.

Yes

Does the work include the necessary controls?
If not, please specify which controls are required in your comments to the authors.

Yes

Are the conclusions drawn adequately supported by the data shown?
If not, please explain in your comments to the authors.

Yes
Are you able to assess any statistics in the manuscript or would you recommend an additional statistical review?
If an additional statistical review is recommended, please specify what aspects require further assessment in your comments to the editors.

I recommend additional statistical review

Quality of written English
Please indicate the quality of language in the manuscript:

Acceptable

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