Reviewer’s report

Title: “I am getting something out of this, so I am going to stick with it”: Supporting participants’ home practice in Mindfulness-Based Programmes

Version: 0 Date: 08 Jan 2020

Reviewer: Michael Proeve

Reviewer’s report:

In general, I think the manuscript is a useful resource for practitioners or teachers of mindfulness interventions.
The statement of aims of the article on p 5 was clear and helpful.
The structure of the article is clear and easy to follow, consisting of conceptual review, discussion of mindfulness literature, interview examples, and suggestions for teachers.

I thought the discussion of the planning factor in ways congruent with mindfulness training was important and helpful, showing how goal planning might be discussed without contradicting the approach advocated by developers of the mainstream mindfulness approaches.

I thought the discussion of a supportive physical environment for practice on p 13 would be better placed in the discussion of the planning/commitment factor, as is does not fit with the rest of the discussion of social support.

The references are incomplete in some cases, or in a strange form. See particularly the WHO references.
I also am not sure about the value of Figure 1, and don't think it adds to the article, so perhaps should be deleted. Figure 2 is helpful, however.

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.

Unable to assess

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.

Not relevant to this manuscript

**Quality of written English**

Please indicate the quality of language in the manuscript:

Acceptable

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