Reviewer’s report

Title: Mindfulness is not Associated with Dissonant Attitudes but Enhances the Ability to Cope with them

Version: 1 Date: 19 Jun 2019

Reviewer: Luca Ostacoli

Reviewer's report:

The present study focuses on the relationship between mindfulness trait and dissonant attitudes towards red meat consumption.

The article is worthy of publication as it is an exploration of how mindfulness and acceptance could have a buffering effect on reducing/dealing with dissonant attitudes, also considering possible interesting repercussions in terms of promoting healthy behaviors. Moreover, the article is very well written and easy to read. Introduction is complete and aims are clearly explained. Methodology is adequate and discussions are supported by results.

I have only brief comments for the authors:

1) check for typos throughout the text (line 57 page 7, RMC is not previously explained; line 20, page 10, "the")

2) please specify the amount of monetary reward (line 9, page 9).

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
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Acceptable

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