



PEER-REVIEW REPORT

Name of journal: *World Journal of Psychiatry*

Manuscript NO: 100575

Title: Mindfulness-based stress reduction training and supplemented Jinshui Liujun decoction promote recovery in patients with non-small cell lung cancer

Provenance and peer review: Unsolicited manuscript; Externally peer reviewed

Peer-review model: Single blind

Reviewer’s code: 08019380

Position: Peer Reviewer

Academic degree: MD

Professional title: Doctor

Reviewer’s Country/Territory: United States

Author’s Country/Territory: China

Manuscript submission date: 2024-08-20

Reviewer chosen by: AI Editor

Reviewer accepted review: 2024-08-23 00:39

Reviewer performed review: 2024-08-30 00:33

Review time: 6 Days and 23 Hours

Scientific quality	<input type="checkbox"/> Grade A: Excellent <input type="checkbox"/> Grade B: Very good <input checked="" type="checkbox"/> Grade C: Good <input type="checkbox"/> Grade D: Fair <input type="checkbox"/> Grade E: Do not publish
Novelty of this manuscript	<input type="checkbox"/> Grade A: Excellent <input checked="" type="checkbox"/> Grade B: Good <input type="checkbox"/> Grade C: Fair <input type="checkbox"/> Grade D: No novelty
Creativity or innovation of this manuscript	<input type="checkbox"/> Grade A: Excellent <input checked="" type="checkbox"/> Grade B: Good <input type="checkbox"/> Grade C: Fair <input type="checkbox"/> Grade D: No creativity or innovation



Scientific significance of the conclusion in this manuscript	<input type="checkbox"/> Grade A: Excellent <input type="checkbox"/> Grade B: Good <input checked="" type="checkbox"/> Grade C: Fair <input type="checkbox"/> Grade D: No scientific significance
Language quality	<input type="checkbox"/> Grade A: Priority publishing <input checked="" type="checkbox"/> Grade B: Minor language polishing <input type="checkbox"/> Grade C: A great deal of language polishing <input type="checkbox"/> Grade D: Rejection
Conclusion	<input type="checkbox"/> Accept (High priority) <input type="checkbox"/> Accept (General priority) <input checked="" type="checkbox"/> Minor revision <input type="checkbox"/> Major revision <input type="checkbox"/> Rejection
Re-review	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Peer-reviewer statements	Peer-Review: <input checked="" type="checkbox"/> Anonymous <input type="checkbox"/> Onymous
	Conflicts-of-Interest: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No

SPECIFIC COMMENTS TO AUTHORS

This study presents a compelling case for the integration of mindfulness-based stress reduction training (MSRT) with flavored Jinshui Liujun decoction in the treatment of advanced non-small cell lung cancer (NSCLC). The data shows that patients receiving the combined MSRT-assisted flavored Jinshui Liujun decoction (FJLD) therapy alongside conventional chemotherapy (CC) had superior median progression-free survival (mPFS) and improved Karnofsky performance status (KPS). This suggests that the combination therapy not only extends survival but also enhances patients' overall quality of life. In addition, The positive impact on immune function is particularly striking. The MSRT+FJLD regimen's ability to increase CD3+ and CD4+ immune cells while reducing CD8+ cells and enhancing the CD4+/CD8+ ratio highlights its role in potentially restoring and modulating the immune system, which is essential for combating cancer. Overall, this study provides robust evidence supporting the effectiveness and safety of integrating MSRT-assisted FJLD with conventional chemotherapy for advanced NSCLC. This combination therapy appears to offer significant benefits in terms of survival, symptom management, immune function, and emotional well-being without



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additional adverse reactions. These findings contribute valuable insights into potential strategies for enhancing the treatment and care of patients with NSCLC. I have a few comments to help improve some parts of the study: -In the background of the abstract section, the author mentioned that they hypothesized that integrating mindfulness-based stress reduction training (MSRT) with chemotherapy may mitigate negative emotions and promote recovery in patients with NSCLC, and the title of this study is “Mindfulness-based stress reduction training with flavored Jinshui Liujun decoction on patients with non-small cell lung cancer”. But the flavored Jinshui Liujun Tang did not belong to chemotherapy, and this expression may confuse readers. Please provide an explanation or make modification. -While the study reports improvements in immune function and emotional well-being, it lacks detailed mechanistic insights into how MSRT and FJLD work together to achieve these outcomes. Understanding the underlying mechanisms could strengthen the rationale for combining these treatments. -The study primarily focuses on short-term outcomes. Long-term effects of MSRT+FJLD on survival, quality of life, and disease progression would provide a more complete picture of its benefits. -The specific components and mechanisms of FJLD were not detailed. Further research into the individual components of TCM treatments and their interactions with conventional therapies would be valuable.



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Novelty of this manuscript	<input type="checkbox"/> Grade A: Excellent <input checked="" type="checkbox"/> Grade B: Good <input type="checkbox"/> Grade C: Fair <input type="checkbox"/> Grade D: No novelty
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Scientific significance of the conclusion in this manuscript	<input type="checkbox"/> Grade A: Excellent <input checked="" type="checkbox"/> Grade B: Good <input type="checkbox"/> Grade C: Fair <input type="checkbox"/> Grade D: No scientific significance
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Re-review	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Peer-reviewer statements	Peer-Review: <input checked="" type="checkbox"/> Anonymous <input type="checkbox"/> Onymous
	Conflicts-of-Interest: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No

SPECIFIC COMMENTS TO AUTHORS

This study investigates the potential benefits of combining traditional Chinese medicine (TCM) with conventional chemotherapy for patients with stage IIIb-IV non-small cell lung cancer (NSCLC). The focus is on modulating immune responses and improving negative emotional states, alongside evaluating various clinical and therapeutic outcomes. The study evaluates a range of outcomes including survival time, Karnofsky performance status (KPS), treatment efficacy, TCM syndrome scores, immune function, emotional well-being, and adverse reactions. This comprehensive approach provides a well-rounded view of the impact of the treatment regimen. Overall this is a strong paper and the results presented are novel and important. It is intriguing that they have identified that the treatment group (TG), which received MSRT-assisted flavored Jinshui Liujun decoction (FJLD) in addition to conventional chemotherapy (CC), showed superior median progression-free survival (mPFS), improved KPS, and better clinical efficacy compared to the control group (CG). This suggests that the addition of FJLD may enhance treatment outcomes. In addition, the study reports significant improvements in immune function in the TG, with increased CD3+ and CD4+ cells and



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a better CD4+/CD8+ ratio. These changes are promising as they indicate a potential restoration of immune function, which is crucial for cancer patients. What's more, the significant reduction in self-rating anxiety scale and self-rating depression scale scores in the TG highlights the potential for integrated treatments to address both physical and psychological aspects of cancer care. Overall, this study presents promising results for the integration of TCM with conventional chemotherapy in treating NSCLC. The improvements in immune function and emotional well-being, along with the favorable safety profile, support the potential benefits of the combined approach. I have some comments and questions: 1. The aim of this study in the abstract section is not specific enough. Please make modification. 2. In the methods section, please provide the information about how was the sample size determined? Is the sample size of Ninety-two patients with NSCLC enough for this study? 3. In the result section, please unify description of P-values. For example, in the result of the survival time, exact P-values were present, such as $P=0.042$ and $P=0.590$. While in the result of the KPS score, "P >0.05" and "P