## Perceptions of Injured Athletes after Eight Weeks of

## Mindfulness Based Stress Reduction Program

Dear Editor

## Please find our research “Perceptions of Injured Athletes after Eight Weeks of Mindfulness Based Stress Reduction Program” by Pappous, Mohammed and Sharma. We are keen to publish this research in Journal of Psychological Research as a convenient journal for us in terms of aims and scope. In addition, authors were also asked the Editor view in regard to the current study then we went through summation proses.

##  To the best of our knowledge this is the first study using a qualitative approach to explore the effectiveness of 8 weeks mindfulness meditation as a psychological intervention that can be used with injured athletes. Mindfulness meditation practice in this study was based on the original version of the Mindfulness Based Stress Reduction (MBSR) which developed by Kabat-Zinn 1979 at the University of Massachusetts Medical Centre in Worcester. Mindfulness meditation is a very popular treatment; however there is a scarcity of studies that offer experimental evidence of the efficacy of MBSR for improving mental health indicators in clinical and non-clinical populations.

I confirm that this investigation is original and has not been published elsewhere. Except this research was part of Doctoral thesis, School of Sport & Exercise Sciences, University of Kent in 2018.

Yours sincerely

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**Conflict of Interest**

The authors report no declarations of interest