

June 30, 2024

Fernando Andres Polanco  
Editor  
Interamerican Journal of Psychology/Revista Interamericana de Psicología

Dear Members of the Editorial Board:

We would like to submit our manuscript entitled, *“Changes in Mindfulness and Distress Tolerance before and after an Acceptance and Commitment Therapy Intervention among Latine Adults Who Smoke: Results from a Pilot Study”* for consideration for publication as part of the **Special Issue Evidence-based psychotherapies for populations in Latin America and the Caribbean of the Interamerican Journal of Psychology/Revista Interamericana de Psicología**. This paper reports on secondary analyses of a pilot study evaluating the feasibility and acceptability of a telehealth-delivered Acceptance and Commitment Therapy (ACT) to address smoking, anxiety, and depression among Latine adults. Although the empirical evidence of ACT to improve cessation outcomes have been demonstrated, to the best knowledge of the authors no documented studies have reported on the changes on mindfulness and distress tolerance pre-post intervention among smokers of Hispanic/Latine background who also experience comorbid behavioral health challenges. Hence, we understand our work contributes to the contextual sciences field and is relevant to the above-mentioned special issue of the Interamerican Journal of Psychology.

I am the first and corresponding author of this manuscript. All authors of this research paper have directly participated in the conceptualization, design, execution, or analysis of the study. Also, all authors of this paper have participated in the drafting and/or revision of the manuscript and have consented to have their names credited in the manuscript. The authors have no financial or conflicts of interest related to this study.

The authors acknowledge that this is an original manuscript that is not under consideration for publication elsewhere. Also, the content of this manuscript has not been copyrighted or published previously, and will not be copyrighted, submitted, or published elsewhere while acceptance by this journal is under consideration.

Thank you for your consideration. Please do not hesitate to contact me if additional information is required.

Respectfully submitted,



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