




The Phenomenology of Self-Alienation in People With High Perfectionistic Traits

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E d i t o r	R e v i e w e r s
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1. Round 1

1.1. Reviewer 1

Reviewer:

In paragraph five of the introduction, the authors write, “Despite this growing recognition, few studies have qualitatively explored...”. It would strengthen the rationale to more clearly articulate which specific qualitative gaps in existing literature this study addresses and why a phenomenological method is uniquely appropriate.

Table 1 is rich in content, but it would benefit from improved formatting—e.g., clearer column delineation and standard APA-style labeling. Also, “Concepts (Open Codes)” could be rephrased as “Representative Open Codes” for clarity.

In the discussion of “Social Masking”, one participant is quoted saying: “Everyone thinks I’m confident...”. The authors could further unpack this by relating it to known constructs like “imposter syndrome” or “false self-presentation.”

In Theme 2, the quote “I spent five hours rewriting a two-paragraph email...” is powerful. Consider linking this behavior to known cognitive mechanisms like rumination or obsessive checking to deepen the interpretation.

The statement, “I have people to go out with, but not really people I can be myself with,” merits further reflection. The authors could draw on attachment theory or emotion regulation frameworks to contextualize this phenomenon.

The term “existential fatigue” is evocative but undefined. A more precise psychological or philosophical grounding (e.g., drawing from existential psychotherapy literature) would enhance the thematic clarity.

In the Discussion, the sentence “The findings offer both confirmation of existing theoretical models and valuable new insights...” should elaborate more specifically on what these “new insights” are, beyond confirmation.

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

The final paragraph of the introduction refers to collectivistic societies like India. Consider expanding on how these cultural factors were integrated into the analysis and interpretation, since this is a central contextual variable.

In the “Measures” section, the authors state that “an interview guide was developed...” Please include the specific domains or sample questions in an appendix or supplementary material to improve transparency and replicability.

Demographic Reporting—Findings: In the “Findings and Results” section, the breakdown by state is informative. However, it would be helpful to also indicate whether religious, caste, or marital status data were collected, as these may influence perfectionistic presentation in Indian contexts.

The discussion insightfully notes the collectivistic reinforcement of perfectionism, but this point would benefit from integration of relevant cross-cultural psychological models, such as Markus & Kitayama’s independent vs. interdependent self-construals.

The authors refer to “a cyclical nature of perfectionistic self-alienation”. This is an important theoretical contribution that could be enhanced by proposing a conceptual model or figure visually representing this cycle.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor’s decision: Accepted.

Editor in Chief’s decision: Accepted.