






Prioritizing Personality-Based Pathways of Stress Reactivity and Psychosomatic Illness

Azizreza. Ghasemzadeh^{1*}, Maryam. Saadat²

¹ Armada Medical Centre, Dubai, UAE

² Lifeworks Holistic Counselling Centre, Dubai, UAE

* Corresponding author email address: aghasemzadeh@irimed.org

E d i t o r	R e v i e w e r s
Andrés M. Pérez-Acosta  Observatory of Self-Medication Behavior, School of Medicine and Health Sciences, Universidad del Rosario, Bogotá, Colombia andres.perez@urosario.edu.co	Reviewer 1: Mojtaba Tamadoni  Assistant Professor, Department of Psychology, South Tehran Branch, Islamic Azad University, Tehran, Iran. m_tamadoni@azad.ac.ir Reviewer 2: Mahdi Zare Bahramabadi  Associate Professor, Research Institute for Research and Development of Humanities Samt, Tehran, Iran. zare@samt.ac.ir

1. Round 1

1.1. Reviewer 1

Reviewer:

The statement “Psychosomatic disorders represent a major public health concern due to their prevalence...” would benefit from supporting epidemiological data (e.g., prevalence rates or global burden statistics). Including recent WHO or meta-analytic estimates will strengthen the opening rationale.

The paragraph beginning “Personality traits play a pivotal role...” lists neuroticism, conscientiousness, and alexithymia but does not explicitly link them to the nine pathways later studied. Clarify how these traits map onto your eventual model (e.g., neuroticism → emotional instability pathway).

The authors state “the underlying psychosomatic mechanisms remain largely universal.” This conclusion may be overstated given cultural differences in emotion expression. Rephrase to “appear broadly consistent across cultures, though contextual nuances remain.”

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

The sentence “Recent advances in psychoneuroimmunology and affective neuroscience have highlighted...” cites Martine et al., 2003, which is outdated for this claim. Consider citing more recent reviews (post-2020) to reflect current psychoneuroimmunology findings.

The paragraph discussing cross-cultural variability transitions abruptly from adolescent data to adult populations. Add a linking sentence clarifying how cultural norms modulate adult stress reactivity to maintain narrative coherence.

The phrase “These findings align with the evolving literature that conceptualizes psychosomatic illness as the product of continuous feedback loops...” could overstate causal inference. Rephrase to “correspond with” or “suggest consistency with” to avoid causal overreach.

The link between neuroticism and immune suppression (via cortisol) is well-stated, but the discussion should include evidence on resilience factors that can moderate this relationship (e.g., coping flexibility, social support) for a balanced interpretation.

The phrase “the way these traits orchestrate the body’s stress physiology” is metaphorical. Replace with precise scientific wording (e.g., “modulate autonomic and endocrine activity”) to maintain academic tone.

The paragraph effectively explains emotional conversion but lacks consideration of potential measurement overlap between alexithymia and neuroticism. Add a clarifying note on how these constructs were distinguished empirically.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor’s decision: Accepted.

Editor in Chief’s decision: Accepted.