

Identifying Core Personality Predictors of Psychophysiological Health Outcomes

Sayed Hadi. Sayedalitabar^{1*}, Farzad. Goli², Ava. Goli³

¹ Department of Psychology and Counseling, KMAN Research Institute, Richmond Hill, Ontario, Canada

² Professor, Faculty Instructor, Energy Medicine University, California, USA

³ BSC, MSC Student, Department of Psychology, Faculty of Medicine and Dentistry, Queen Mary University of London, London, United Kingdom

* Corresponding author email address: hadialitabar@kmanresce.ca

Editor

Jordy Tasserie^{id}
Center for Brain Circuit
Therapeutics Department of
Neurology Brigham & Women's
Hospital, Harvard Medical School,
Boston, MA, USA
jtasserie@bwh.harvard.edu

Reviewers

Reviewer 1: Mojtaba Karimi^{id}
Department of Clinical Psychology, Allameh Tabatabai University, Tehran,
Iran.Email: m_karimi98@atu.ac.ir
Reviewer 2: Mojtaba Tamadoni^{id}
Assistant Professor, Department of Psychology, South Tehran Branch, Islamic Azad
University, Tehran, Iran. m_tamadoni@azad.ac.ir

1. Round 1

1.1. Reviewer 1

Reviewer:

In paragraph 2, beginning with “Recent studies have demonstrated that conscientiousness is a robust protective factor...”, the discussion is well-supported but overly citation-heavy. Integrating more synthesis (e.g., connecting how these studies collectively build toward the current research gap) would enhance coherence.

In the paragraph starting “The role of conscientiousness extends beyond physical health...”, while the examples are diverse, the paragraph could be streamlined by clustering similar domains (e.g., professional vs. family contexts) to improve logical flow.

In the paragraph “Complementing these findings, research has increasingly emphasized the role of neuroticism...”, the sentence “Arend and Yuen (2024) reported that specific neurotic traits...” could be expanded by explaining which neurotic traits (e.g., anxiety, vulnerability, impulsiveness) demonstrated protective versus maladaptive effects. This would add conceptual depth.

The section “Emerging research also integrates biological and behavioral indicators of health...” provides excellent linkage to physiological outcomes. However, this section lacks a transition statement explaining why integrating biological evidence strengthens the rationale for a psychophysiological study. Consider adding one transitional sentence.

In the paragraph discussing “healthy neuroticism”, the authors state, “This dual dynamic mirrors Pedersen et al.’s findings...”. To improve clarity, consider explaining how “health vigilance” was operationalized in participants’ narratives (e.g., preventive medical behaviors, dietary monitoring), enhancing alignment between data and theory.

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

Paragraph 3 states, “However, contemporary evidence reveals a more nuanced picture.” The nuanced concept of “healthy neuroticism” is central to this paper. It would strengthen the introduction to define this construct more precisely at first mention—perhaps by citing Arend & Yuen (2024) and providing an operational definition.

The paragraph discussing “Cross-cultural investigations” (beginning “Cross-cultural investigations have further underscored...”) would benefit from clearer integration into the argument. Currently, it reads as an independent mini-literature review. Consider explicitly linking how cultural moderators justify the qualitative approach chosen in this study.

The final paragraph of the introduction begins “In summary, the literature demonstrates that personality traits...”. This paragraph serves as a literature synthesis but should end more assertively with a clear statement of the study’s research aim or question. Currently, the aim is somewhat buried. Consider rephrasing the final sentence to explicitly read: “Therefore, this study aimed to qualitatively identify and interpret how conscientiousness and neuroticism shape psychophysiological health outcomes in adults.”

In Theme 2: Personality Dispositions Influencing Health Behavior, while the discussion of “perfectionism” adds nuance, the construct seems only partially integrated into the Big Five framework. Consider clarifying whether perfectionism is treated as a facet of conscientiousness or an independent trait to ensure conceptual alignment.

In Theme 3: Cognitive–Affective Integration and Meaning Construction, the paragraph ending with “This theme underscored that meaning-making... sustain psychophysiological health” could more explicitly connect to prior theory, such as Antonovsky’s Sense of Coherence or Lazarus’s cognitive appraisal model, to ground the interpretation theoretically.

In the first paragraph of the Discussion, the authors write “The qualitative analysis of participants’ narratives revealed three interrelated themes...”. While the synthesis is strong, the discussion could better differentiate novel contributions from what is already established in the literature. Explicitly stating “this study extends prior work by...” would strengthen originality.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor’s decision: Accepted.

Editor in Chief’s decision: Accepted.