



Identifying Key Psychological Predictors of Mind–Body Health Discrepancy


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R e v i e w e r s

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1. Round 1

1.1. Reviewer 1

Reviewer:

In “A growing body of research links emotional dysregulation and affective sensitivity to health incongruence”, there is heavy reliance on anxiety and depression literature. Include references on alexithymia or emotion recognition deficits to broaden the conceptual base of emotional dysregulation.

The section “Another key factor... technological and lifestyle influences” introduces digitalization effects but does not tie them explicitly to the qualitative context of this study. Clarify how this theoretical premise informed the interview design or question prompts.

The paragraph referencing “cross-cultural studies further demonstrate that anxiety prevalence and expression differ across sociocultural contexts” would benefit from a brief justification for selecting Singapore as the research site. Explain its cultural uniqueness or relevance to the study’s aims.

The section discussing “cognitive appraisal and belief systems” partially repeats ideas from the introduction (e.g., perfectionism and external locus of control). Condense repetitive content and emphasize novel interpretive findings derived from participants’ narratives.

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

The paragraph beginning “Recent empirical research underscores the importance of cognitive and perceptual biases...” cites multiple sources but lacks theoretical linkage. Integrate a unifying framework such as interoceptive awareness or self-discrepancy theory to strengthen conceptual coherence.

The last paragraph ends with “Therefore, the present qualitative study aims...” but does not articulate the novelty of the study. Explicitly state how this research extends prior literature—e.g., by addressing adult non-clinical populations or integrating sociocultural and emotional dimensions.

The quote “Even when I think I’m calm, my heart races for no reason—it’s like my body didn’t get the message” is compelling. However, provide interpretive commentary linking this experience to interoceptive dysregulation or autonomic hyperreactivity to enhance theoretical depth.

The sentence “These paradoxical patterns suggest that mind–body health discrepancy represents a dynamic psychological phenomenon shaped by internal processes rather than a mere physiological anomaly” would benefit from integrating an overarching theoretical model, such as biopsychosocial integration or embodiment theory.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor’s decision: Accepted.

Editor in Chief’s decision: Accepted.