

# Conceptualization of Psychological Restlessness in Order to Take Care of Psychological Health in Creative People

Zahra. Torabi Goodarzi<sup>1</sup>, Gholamali. Afrooz<sup>2</sup>, Saeed. Akbari Zardkhaneh<sup>3\*</sup>

<sup>1</sup> Department of Psychology, Kish International Campus, University of Tehran, Iran

<sup>2</sup> Distinguished Professor, Department of Psychology of Exceptional Children, Faculty of Educational Sciences and Psychology, University of Tehran, Tehran, Iran

<sup>3</sup> Assistant Professor, Department of Educational and Developmental Psychology, Faculty of Psychology, Shahid Beheshti University, Tehran, Iran

\* Corresponding author email address: Akbari76ir@yahoo.com

## Editor

Seyed Hadi Seyed Alitabar  
Department of Psychology and  
Counseling, KMAN Research  
Institute, Richmond Hill, Ontario,  
Canada  
hadialitabar@kmanresce.ca

## Reviewers

**Reviewer 1:** Mohammad Reza Khodabakhsh  
Department of Psychology, Neyshabour Branch, Islamic Azad University,  
Neyshabour, Iran. Email: hodabakhsh@ut.ac.ir  
**Reviewer 2:** Parvaneh Mohammadkhani  
Professor, Department of Clinical Psychology, University of Rehabilitation Sciences  
and Social Health, Tehran, Iran. Email: Pa.mohammadkhani@uswr.ac.ir

## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

Clarify the research question to explicitly address how psychological restlessness impacts mental health in creative individuals. This could help focus the study and make it more direct.

The document would benefit from more detailed descriptions of the criteria used for selecting articles in the literature review. Specifically, mention the keywords, databases searched, and the time frame of literature considered. This adds to the replicability of the study.

While the document mentions ethical considerations related to the use of literature, it could further discuss ethical implications in the application of therapeutic interventions, particularly regarding confidentiality and informed consent.

Offer more detailed suggestions for future research, including potential study designs, populations of interest, and research questions that could further explore the relationship between creativity, psychological restlessness, and mental health.

Interdisciplinary Perspectives: Finally, consider incorporating perspectives from related fields such as neuroscience, sociology, and the arts. This interdisciplinary approach could offer a more holistic view of the creative process and the role of psychological restlessness within it.

Authors revised and uploaded the document.

### 1.2. Reviewer 2

Reviewer:

Although the study employs a qualitative analysis methodology, incorporating some level of quantitative analysis could strengthen the findings. For example, a meta-analysis of the effects of therapeutic interventions on creative individuals with psychological restlessness could offer more objective insights.

The paper should more clearly articulate the theoretical framework guiding the analysis. This includes defining key concepts such as "psychological restlessness" and "creativity" and situating them within existing psychological theories.

Expand the literature review to include studies from diverse cultural and socioeconomic backgrounds. This could help understand if and how the phenomenon of psychological restlessness and its impact on creativity differ across cultures.

Provide more detailed descriptions of the findings from the literature review, including specific examples from the studies reviewed. This could enhance the reader's understanding of the complex interplay between creativity, psychological restlessness, and mental health.

Incorporate a more critical analysis of the literature reviewed, highlighting not only the contributions but also the limitations and biases of existing studies. This critical perspective can provide a more balanced understanding of the field.

The document mentions the development of a therapeutic package but does not detail the specific interventions proposed. Expanding on the types of therapeutic interventions, their theoretical basis, and how they address the unique needs of creative individuals would be valuable.

Discuss potential challenges in implementing the proposed therapeutic interventions in real-world settings. This could include considerations related to accessibility, cost, and the need for specialized training for therapists.

Including case studies or examples of creative individuals who have experienced psychological restlessness could enrich the manuscript. These real-world examples can illustrate the practical implications of the study's findings.

Authors revised and uploaded the document.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.