




Exploring the Psychosomatic Responses to Stress in Individuals with Avoidant Personality Disorder

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1. Round 1

1.1. Reviewer 1

Reviewer:

In the introduction, you state, "Psychosomatic disorders have been extensively studied in various contexts highlighting the intricate relationship between psychological factors and physical health." Consider providing specific examples or references to support this claim and enhance the clarity of the context for readers.

In the "Study Design and Participants" section, you mention that the study uses a qualitative design but do not specify the type of qualitative methodology (e.g., phenomenology, grounded theory). Clarifying this would improve the methodological transparency.

In the "Findings and Results" section, the quote "It feels like a heavy weight on my shoulders constantly dragging me down" illustrates the definition of stress. However, consider varying the sources of your quotes to ensure diverse representation of participant voices.

The theme "Internal vs. External Stress" could be more clearly defined. Providing more detailed examples or quotes that illustrate the distinction between internal and external sources of stress would enhance understanding.

In the results, under "Physical Manifestations," you list symptoms such as headaches and muscle tension. It would be useful to include specific participant quotes that describe these experiences to add depth to the findings.

The section on coping mechanisms is thorough but could benefit from a comparative analysis of the effectiveness of adaptive versus maladaptive strategies as perceived by the participants.

The barriers to effective coping are mentioned briefly. Expanding on how stigma and lack of resources specifically impact the participants' ability to cope with stress would provide more detailed insights.

In the discussion of limitations, you mention "the reliance on self-reported data through semi-structured interviews." Consider discussing potential biases introduced by self-report and how they were mitigated.

The call for future research to include longitudinal studies and objective measures of stress is important. Adding specific suggestions on how these studies could be designed would be beneficial for future researchers.

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

The sentence, "The sample size was determined by the principle of theoretical saturation," could benefit from a brief explanation of what theoretical saturation means in this context, especially for readers unfamiliar with qualitative research.

The development of the semi-structured interview guide is mentioned but not detailed. Including information on how the guide was developed, such as literature review or expert consultation, would strengthen the rigor of the methods section.

The section on ethical considerations is quite brief. Expanding on how confidentiality was maintained and how informed consent was obtained would provide a more comprehensive view of the ethical practices followed.

In the "Data Analysis" section, you outline the steps of thematic analysis but do not mention how coding reliability was ensured. Discussing methods such as intercoder reliability checks would add to the credibility of your findings.

The demographic characteristics of the participants are provided, but there is no discussion on how these characteristics might influence the findings. Including this analysis would add depth to the discussion section.

The clinical implications section suggests integrating CBT techniques but does not discuss the potential challenges in implementing these strategies with AvPD patients. Addressing these challenges would provide a more balanced view.

In the discussion, you reference the study by Emmelkamp et al. (2006) on CBT for AvPD. Consider comparing your findings with other studies on different therapeutic approaches to provide a broader context.

The study could benefit from a more explicit theoretical framework that underpins the analysis of psychosomatic responses. This would help readers understand the conceptual basis of your findings.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.