


Understanding the Psychosomatic Responses of Individuals with Generalized Anxiety Disorder and High Conscientiousness: A Qualitative Study

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1. Round 1

1.1. Reviewer 1

Reviewer:

The phrase "semi-structured interviews with 23 participants" should clarify the duration and depth of these interviews to enhance transparency. Consider adding, "each lasting 60-90 minutes."

In "analyzed using NVivo software following the principles of grounded theory," specify the version of NVivo used to ensure reproducibility.

The sentence "GAD is marked by chronic anxiety and a tendency to worry excessively often without a specific trigger" could benefit from a citation from the DSM-5-TR for academic rigor.

The statement "While these traits are generally considered positive..." should provide a citation to strengthen the claim regarding conscientiousness being both beneficial and problematic.

"Each interview lasted between 60 and 90 minutes and was audio-recorded..." should include information about how transcription accuracy was ensured, such as double-checking by another researcher.

Under "Physical Manifestations of Anxiety," include a clearer distinction between different symptoms' prevalence rates to add depth to the results.

The sentence "Muscle Tension was a common symptom with participants describing chronic muscle pain..." should quantify the prevalence, e.g., "75% of participants reported muscle tension."

When describing "Cardiovascular Symptoms," mention if there were any medical confirmations of these symptoms to validate self-reported data.

The statement "These findings align with previous research indicating that anxiety often manifests physically..." needs more specific studies cited to support the claim.

When discussing "Work Performance," specify the methods used to measure this impact, whether self-reported or validated scales.

The sample size limitation could benefit from suggesting a minimum sample size for future studies to enhance the generalizability of the findings.

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

The phrase "Research has demonstrated that conscientiousness can both buffer against and exacerbate anxiety symptoms..." needs more specific examples and citations to support this dual nature comprehensively.

Specify the ethical approval details, including the committee's name and approval number, to comply with ethical standards in research.

The recruitment process mentions "local mental health clinics, online support groups, and community advertisements." Detail the strategies used to ensure diversity in the sample.

When discussing the Big Five Inventory, provide the specific version and any validation references to ensure the reliability of the conscientiousness measurement.

The phrase "Participants' Perception and Understanding of Anxiety..." should clarify whether these perceptions were systematically coded and if so, how inter-rater reliability was ensured.

In "The physical symptoms reported by participants..." suggest integrating a comparison with similar studies to contextualize the findings.

When discussing "Psychological coping mechanisms identified in this study..." provide examples of how these mechanisms compared to those found in other high-conscientiousness populations.

The statement "tailored interventions to individual needs..." should propose specific intervention strategies based on the study findings to give practical implications.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.