

### Review Form 3

Journal Name:	<a href="#">Asian Journal of Medical Principles and Clinical Practice</a>
Manuscript Number:	Ms_AJMPCP_122096
Title of the Manuscript:	<b>Strategic Mitigation of Depression through the Instrumentality of Critical and Positive Thinking for Mental Health</b>
Type of the Article	

#### **General guidelines for the Peer Review process:**

This journal's peer review policy states that **NO** manuscript should be rejected only on the basis of '**lack of Novelty**', provided the manuscript is scientifically robust and technically sound. To know the complete guidelines for the Peer Review process, reviewers are requested to visit this link:

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#### **Important Policies Regarding Peer Review**

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**PART 1: Review Comments**

Compulsory REVISION comments	Reviewer's comment	Author's Feedback <i>(Please correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)</i>
<p>Please write a few sentences regarding the importance of this manuscript for the scientific community. Why do you like (or dislike) this manuscript? A minimum of 3-4 sentences may be required for this part.</p>	<p>Through my reading, I like this article because:</p> <p><b>1. Mental Health Awareness and Education</b>  <b>Reducing Depression:</b> The article highlights the role of positive thinking (PT) in mitigating depression, a significant mental health concern. By promoting PT, the community can be better equipped to manage and prevent depression, leading to improved overall mental health.  <b>Educational Impact:</b> The findings could be used to educate individuals, particularly young people, about the importance of cultivating positive thinking and critical thinking skills. Schools and community programs might incorporate these strategies into their mental health curriculums.</p> <p><b>2. Empowerment and Self-Help:</b>  <b>Empowering Individuals:</b> The article provides actionable insights that individuals can use to improve their mental health. By understanding the connection between negative thinking and depression, people can adopt more positive thought patterns, leading to enhanced resilience and well-being.  <b>Promoting Positive Psychology:</b> The research supports the broader field of positive psychology, encouraging communities to focus on strengths and well-being rather than just the treatment of mental illnesses.</p> <p><b>3. Public Health Implications:</b>  <b>Preventive Strategies:</b> By demonstrating the effectiveness of positive thinking in preventing depression, the article could influence public health initiatives. Programs aimed at mental health promotion could integrate PT strategies, helping to reduce the incidence and severity of depression in the community.  <b>Policy Development:</b> The article could inform policymakers about the benefits of incorporating mental health education and positive psychology into public health strategies, leading to more comprehensive mental health support systems.</p> <p><b>4. Support for Vulnerable Populations:</b>  <b>Focus on Youth:</b> Given the emphasis on the rising incidence of depression among young people, the article is particularly relevant for educational institutions and youth organizations. It can serve as a basis for developing targeted interventions that address the unique challenges faced by younger populations.  <b>Community Resilience:</b> By fostering a community culture that values positive thinking and critical reflection, the article contributes to building a more resilient population capable of facing mental health challenges more effectively.</p> <p>Overall, the article has the potential to make a significant impact on the community by raising awareness about mental health, providing practical strategies for preventing depression, and influencing both educational practices and public health policies. Its focus on positive thinking as a viable mental health strategy aligns with broader efforts to enhance community well-being and resilience.</p>	
<p>Is the title of the article suitable? (If not please suggest an alternative title)</p>	<p>Acceptable</p>	

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<p>Is the abstract of the article comprehensive? Do you suggest the addition (or deletion) of some points in this section? Please write your suggestions here.</p>	<p>Please add on:  <b>The specificity of Data:</b> While the abstract mentions 150 oral respondents, it does not clarify the demographic profile (age, gender, socioeconomic background) of these participants. Including this information would help readers understand the context and generalizability of the findings. For example, is the study focused on a particular age group or region? This specificity would also enhance the relevance of the findings to particular populations.  <b>Findings and Implications:</b> The abstract states that positive thinking is affirmed as a viable strategy for mitigating depression but lacks specific evidence or findings to support this claim. Including brief highlights of key findings (e.g., "X% of respondents showed improvement in mental well-being with PT practices") would strengthen the argument and provide a clearer picture of the study's impact.</p>	
<p>Are subsections and structure of the manuscript appropriate?</p>	<p>Acceptable</p>	
<p>Please write a few sentences regarding the scientific correctness of this manuscript. Why do you think that this manuscript is scientifically robust and technically sound? A minimum of 3-4 sentences may be required for this part.</p>	<p><b>1. Lack of Specific Findings:</b>  - <b>Generalized Claims:</b> The abstract makes broad statements, such as "positive thinking is affirmed to be a viable strategy for mitigating depression," without providing specific data or evidence to support this claim. The absence of detailed findings or statistical evidence could weaken the argument and reduce the manuscript's persuasiveness.  - <b>Insufficient Data Presentation:</b> If the manuscript does not present specific outcomes, such as the percentage of respondents who showed improvement with positive thinking, this could be seen as a limitation. Detailed results would make the conclusions more compelling.  <b>2. Over-Reliance on Theoretical Framework:</b>  - <b>Limited Empirical Validation:</b> While Asouzu's Theory of Noetic Propaedeutic (TNP) provides a strong theoretical basis, the manuscript might be too dependent on this framework without sufficient empirical validation. If the theory is not tested against robust data or alternative theories are not considered, this could weaken the overall argument.  <b>3. Sample and Methodology:</b>  - <b>Sample Representativeness:</b> The abstract mentions 150 oral respondents but does not specify their demographic characteristics. If the sample lacks diversity or is not representative of the broader population, this could limit the generalizability of the findings. The effectiveness of positive thinking might vary across different cultural, social, or age groups.  - <b>Potential Bias:</b> The study uses oral respondents and observational data, which may introduce bias if the respondents are not selected randomly or if the observation process is not structured. If the manuscript does not address these potential biases, it could weaken the validity of the conclusions.  <b>4. Methodological Clarity:</b>  <b>Ambiguity in Methodology:</b> The abstract mentions "mixed methods, techniques, and tools" but does not specify what these are. If the manuscript lacks clarity in describing how the data were collected and analyzed, it could be difficult for readers to assess the reliability and reproducibility of the findings.  <b>Analysis Techniques:</b> The manuscript should clearly explain how the data were analyzed and how the conclusions were drawn. If the analysis techniques are not well-documented or justified, it could raise questions about the rigor of the study.</p>	
<p>Are the references sufficient and recent? If you have suggestions of additional references, please mention them in the review form.</p>	<p>Please update the references at least 5 years back (2019 – 2024). This is to make sure the article/study is relevant to current situation.</p>	

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Minor REVISION comments		
Is the language/English quality of the article suitable for scholarly communications?	Acceptable	
Optional/General comments	As above.	

**PART 2:**

	<b>Reviewer's comment</b>	<b>Author's comment</b> (if agreed with reviewer, correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)
Are there ethical issues in this manuscript?	<i>(If yes, Kindly please write down the ethical issues here in details)</i>	

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