

Peer Review

Review of: "Zad's 4-Dimensional Model of the Self: An Integrative Conceptualisation"

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This commentary introduces an ambitious and integrative conceptual framework aimed at unifying diverse psychological, biological, and phenomenological perspectives into a single multidimensional model of the self. The manuscript's principal strength lies in its effort to bridge historically siloed psychiatric traditions—including psychoanalytic, cognitive-behavioral, affective neuroscience, and biopsychosocial approaches—into a coherent clinical heuristic. The inclusion of the metaconscious evaluative layer represents an innovative attempt to incorporate reflective identity processes into psychiatric conceptualisation, and the extensive use of clinical vignettes enhances practical applicability and pedagogical value, particularly for early-career clinicians. The model's emphasis on cross-domain interaction, cultural influences, and developmental context reflects contemporary trends toward personalised and systems-based mental health care. However, several limitations reduce the manuscript's theoretical and empirical robustness. The framework remains largely conceptual and would benefit from clearer operational definitions of each domain and measurable constructs to allow empirical testing and clinical standardisation. While the manuscript extensively references established theories, the distinction between integration and genuine theoretical novelty could be articulated more explicitly. Additionally, some sections contain conceptual redundancy and extended narrative descriptions that could be streamlined to improve structural clarity and reader engagement. The clinical vignettes, although illustrative, rely on theoretical extrapolation rather than data-driven validation, and the manuscript would benefit from discussion of potential limitations in real-world clinical implementation, including feasibility, inter-rater reliability, and integration with existing diagnostic frameworks such as DSM-5 or ICD-11. Overall, the article presents a creative and clinically engaging conceptual contribution.

to psychiatric education and integrative theory development, but further empirical grounding and structural refinement would strengthen its scholarly impact and translational utility.

Declarations

Potential competing interests: No potential competing interests to declare.