

Peer Review

Review of: "Positive Psychiatry: Reframing Mental Health Care Among Elderly"

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Dear Author, Thank you for the opportunity to review this manuscript. This is an important topic area that should be further explored. It is a well-written theoretical paper reviewing concepts in positive psychology and their application in geropsychiatry. Generally speaking, there is a good merging of the concepts. Adding in a bit more about existing literature on “positive aging” or the use of positive psychology in gerontology would strengthen the paper. Additionally, including previous qualitative work that explores mental health recovery from the lived experience and cross-referencing that would strengthen the assertions. Below are a few additional suggestions for consideration:

Defining health as the “absence of disease or impairment” is a somewhat limiting perspective, especially given the likelihood that older adults experience chronic conditions—this is also related to the Rowe and Kahn “successful aging” definitions. Additionally, there has been previous work that examines the construct of “positive aging” or the application of positive psychology in the developmental stages of aging

It may be helpful to also consider some of the concepts of mental health recovery that are particularly relevant for older adults—e.g., Daley et al. 2013. Also, addressing past negative experiences such as stigma, discrimination, or iatrogenic impacts of authoritarian mental health care or hospitalization could offer additional considerations.

There is literature on building meaning and purpose as people age that would be helpful to cite and to comment upon, especially when referencing post-traumatic growth.

Consider adding comments on the diversity of aging experiences, especially for people who have chronic conditions or fewer resources.

Consider adding in the construct of positive developmental wellness or how people adjust to the process of aging and perceive their aging.

In the conclusion, it may be beneficial for clinicians to consider the biopsychosocial spiritual model, as spirituality is very important to meaning and purpose and relevant to end-of-life discussions. In addition, there is a greater emphasis on building social connections, which are a cornerstone of positive psychology frameworks.

This paper continues the discussion in an important area of utilizing positive psychology concepts within mental health services for people who are aging.

Declarations

Potential competing interests: No potential competing interests to declare.