

Peer Review

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

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This commentary presents an intellectually engaging and integrative conceptual framework that attempts to unify multiple psychological and psychiatric traditions into a coherent multidimensional model of the self. The manuscript demonstrates strong theoretical synthesis and offers clinically meaningful illustrations through diverse case vignettes, which enhance the educational and translational value of the proposed model. The inclusion of cultural, developmental, and neurobiological perspectives further strengthens the manuscript's interdisciplinary relevance. However, the article would benefit from several refinements to improve its academic robustness and clarity. First, the framework remains largely conceptual, and the manuscript would gain significant strength by outlining clearer pathways for empirical validation, including proposed measurable constructs, psychometric tools, or research designs capable of testing the model's domains and metaconscious layer. Second, while the theoretical integration is comprehensive, certain sections contain descriptive repetition that could be streamlined to improve readability and structural flow. Third, the manuscript would benefit from a more critical comparison with existing integrative psychiatric models and dimensional diagnostic frameworks to clarify its unique added value. Additionally, expanding the discussion of potential limitations, including overlap between domains and practical challenges in clinical implementation, would enhance scientific balance. Finally, providing schematic clinical assessment tools or structured algorithms derived from the model could increase its practical applicability for clinicians and trainees. Addressing these points would substantially strengthen the manuscript's theoretical credibility, clinical relevance, and potential influence within contemporary psychiatric education and practice.

Declarations

Potential competing interests: No potential competing interests to declare.