

Peer Review

Review of: "The Polyvagal Theory in Contemporary Psychology: Why Popularity Should Not Be Confused with Scientific Validity"

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The author is absolutely right in his critique of the Polyvagal Theory (PVT). He refers to the lack of a scientific basis which has been repeatedly proposed by Porges but which does not exist. Thus, this manuscript is in line with several other critical papers over the past years. The author is also correct when he points to the PVT's lack of implementing current ideas on the influence of the microbiome on our mental well-being and the absence of elements of psychoneuroimmunology. However, this should not be used to dismantle the PVT as scientifically unsound because I suppose that almost all current psychotherapeutic concepts suffer from this drawback. Thus, I suggest toning down this aspect.

In aggregate, this manuscript is a timely critical contribution to protect the realm of psychotherapy from constructs that are popular but nevertheless scientifically unsupported.

Declarations

Potential competing interests: No potential competing interests to declare.