

Peer Review

Review of: "The Paradox of Psychological Denialism in Supporting Thyroid Patients"

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This article effectively serves as an important call to action, raising awareness about a critical deficiency in the holistic care of thyroid patients.

Referring to the connection between thyroid dysfunction and psychological stress, this article correctly emphasizes the role of psychological intervention in the management of thyroid disorders and recommends a Bio-Psycho-Social framework in thyroid health.

The subject of the article is of great importance because it addresses a critical gap in current clinical practice. In addition, by expressing the insufficiency of resolving thyroid issues with solely biological or molecular solutions, the author effectively describes the limitation of a reductionist model in thyroid disorder therapy. Therefore, the manuscript can be accepted and published, but after some revisions that would improve the article.

The revisions ought to be as follows:

1. It would be better if the author adds an introduction covering a vast spectrum of illnesses that are affected by psychological stress (e.g., cardiovascular disease, gastrointestinal disorders, and autoimmune conditions) to generalize the necessity of psychological care in the treatment of related diseases. Afterward, the paper can be devoted solely to thyroid disorders.
2. While mentioning key physiological factors affected by stress (e.g., TSH production, hormone conversion), the article does not explain the underlying biological and neurological mechanisms through which psychological stress influences thyroid function. Of course, some research/papers explaining the mechanism have been introduced in the manuscript. Still, inclusion of this

information directly in the article can promote it and benefit clinicians, researchers, and especially a non-specialized audience.

3. The paper calls for greater clinical integration but could offer more concrete recommendations. While it suggests that psychologists could play a critical role, it would be beneficial to outline specific types of stress management interventions or therapeutic approaches that are particularly relevant and effective for thyroid patients. What convenient strategies could psychologists employ? How can other healthcare providers be educated and encouraged to make appropriate referrals? A more developed section on practical clinical applications would enhance the paper's utility.

Declarations

Potential competing interests: No potential competing interests to declare.