

REVIEWER'S REPORT

Manuscript No.: IJAR-53361

Date: 18-08-2025

Title: Navigating Stress and Growth: The Role of Social Support Among Caregivers of Cancer Patients in Morocco

Recommendation:

Accept as it isYES.....

Accept after minor revision.....

Accept after major revision

Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair	Poor
Originality		✓		
Techn. Quality			✓	
Clarity			✓	
Significance		✓		

Reviewer Name: Dr Aamina

Reviewer's Comment for Publication.

Abstract and Scope:

The abstract clearly communicates the study's purpose, methodology, and key findings. It outlines the quantitative approach, cross-sectional design, and the use of validated measures to assess perceived stress, social support, and post-traumatic growth among caregivers. The results, emphasizing the association between strong social support and positive psychological outcomes, are concisely summarized, and the cultural context of Morocco is appropriately highlighted.

Research Context and Relevance:

The introduction situates the study within the broader framework of global and national cancer statistics, citing recent data on incidence and mortality. By positioning Morocco within this global context, the manuscript establishes the relevance of examining caregiver stress and growth in relation to social support. The focus on the Moroccan socio-cultural environment adds a distinctive dimension to the discourse on caregiving, which often varies significantly across cultural contexts.

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Methodology:

The study adopts a **quantitative, cross-sectional design**, using validated instruments to measure perceived stress, social support, and post-traumatic growth. The reliance on regression analyses allows for a robust statistical examination of relationships among variables. This methodological approach ensures both rigor and clarity in establishing associations between caregiving stress, social support, and positive growth outcomes.

Findings:

Results indicate that:

- Higher levels of emotional and instrumental social support correlate with **lower levels of stress** among caregivers.
- Strong social support systems are also associated with **increased post-traumatic growth**, reflecting the potential for positive adaptation in difficult caregiving contexts.

These findings underscore the dual role of social support in both mitigating negative psychological effects and fostering resilience and growth.

Discussion and Interpretation:

The study highlights the protective function of social support networks in the caregiving experience. Beyond stress reduction, the presence of support is shown to contribute to constructive psychological outcomes such as post-traumatic growth. The emphasis on the Moroccan socio-cultural setting enriches the interpretation by recognizing the interplay between cultural values, family structures, and caregiving practices.

Contribution to the Field:

This research contributes meaningfully to the literature on caregiving, psychosocial health, and cultural factors influencing caregiver experiences. It provides empirical evidence on the significance of social support as both a buffer against stress and a facilitator of positive growth. By focusing on Morocco, the study extends the scope of existing research beyond frequently studied Western contexts, offering valuable insights into the intersection of health, culture, and caregiving.

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Overall Assessment:

The manuscript presents a well-structured, empirically grounded, and contextually relevant study. Its clarity in methodology, strength in statistical analysis, and emphasis on cultural dimensions make it a valuable addition to caregiving and health psychology research.
