

REVIEWER'S REPORT

Manuscript No.: IJAR-53431

Date: 18/08/2025

Title: A Review on Positive Psychotherapy in Cancer Patients: An Indian Perspective

Recommendation:

- ✓ Accept as it is
 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. S. K. Nath

Date: 19/08/2025

Reviewer's Comment for Publication:

The review concludes that Positive Psychotherapy offers a promising, culturally adaptable approach to improve psychological well-being among Indian cancer patients. It underscores the importance of incorporating India-specific practices such as yoga, spiritual rituals, and gratitude, which align with cultural values, to enhance acceptance and effectiveness. The authors advocate for increased awareness, training of mental health professionals, and leveraging digital platforms to expand PPT access, especially in rural areas. Addressing existing gaps in mental healthcare infrastructure and conducting India-specific empirical research are essential steps moving forward.

Reviewer's Comment / Report

Strengths:

- Cultural Relevance:** The paper emphasizes the adaptation of PPT techniques to the Indian cultural context, incorporating practices like yoga, meditation, spirituality, gratitude, and optimism, which are integral to Indian traditions.
- Comprehensive Literature Inclusion:** The review synthesizes evidence from multiple peer-reviewed studies, systematic reviews, and empirical research, providing a broad perspective on PPT's effectiveness.
- Focus on Underserved Populations:** The paper highlights the potential of digital health interventions to make PPT accessible to rural and underserved populations, addressing geographical and resource limitations.
- Holistic Approach:** It emphasizes integrating psychological interventions with medical treatment, recognizing the importance of emotional health in cancer care.
- Insight into Indian-specific Challenges:** The review identifies existing gaps in mental health care in India, such as lack of awareness among healthcare workers and shortage of trained professionals.

Weaknesses:

- Limited Empirical Data:** Being a review, the paper depends heavily on existing studies. There is little mention of new empirical findings or ongoing trials specifically within the Indian context.
- Implementation Details Lacking:** Although the paper discusses integrating PPT with Indian traditions, it provides limited detail on practical strategies, training, and standard protocols needed for widespread adoption.
- Scope of Evidence:** Some references are from outside India, and direct evidence of PPT's effectiveness specifically within Indian cancer patients remains limited.

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4. **Potential Overgeneralization:** While cultures vary within India, the review might oversimplify cultural practices without discussing regional or community-specific differences that could influence PPT's success.
5. **Limited Discussion on Challenges:** Although barriers are acknowledged, the paper could further explore systemic issues such as healthcare infrastructure deficits, stigma, and policy support that impact implementation.