

REVIEWER'S REPORT

Manuscript No.: IJAR-53431

Date: 20-08-2025

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

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.

The **abstract** succinctly captures the scope and significance of the review. It highlights the compounded challenges faced by Indian cancer patients, including cultural stigma, financial burdens, and limited access to mental health services. The discussion of PPT as a culturally adaptable intervention is well articulated, emphasizing its key elements—gratitude, optimism, meaning-making, savoring, and resilience. The mention of specific PPT techniques such as gratitude journaling, optimism training, meaning-centered therapy, savoring memories, and strength-based interventions provides clarity and concreteness. Furthermore, the abstract effectively situates the review within the Indian context by incorporating cultural practices such as yoga, meditation, and spirituality. The reference to research conducted at AIIMS and Tata Memorial Hospital lends empirical support to the effectiveness of PPT in oncology settings. Importantly, the discussion of digital therapeutic tools—teletherapy, mobile applications, virtual reality, and internet-based CBT—acknowledges their potential in bridging access gaps for rural and underserved populations. The abstract concludes by addressing barriers to PPT adoption, including lack of awareness, limited trained professionals, and stigma, and underscores the importance of culturally adapted protocols, interdisciplinary collaboration, and digital infrastructure. Overall, the abstract is well-structured and conveys the objectives, interventions, challenges, and future directions of the review.

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The **introduction** provides a strong contextual foundation for the paper. It situates cancer not only as a physical illness but also as a profound psychological challenge, highlighting the burden of depression, anxiety, fear, and loss of hope in patients. The Indian context is clearly presented, with cultural stigma, financial strain, and inadequate mental health resources recognized as exacerbating factors. This framing underscores the necessity of psychological interventions that address both emotional and cultural dimensions of cancer care.

The **content of the review** demonstrates a balanced and thorough exploration of PPT in oncology. The focus on evidence-based techniques and their integration with Indian cultural and spiritual practices enhances the relevance and applicability of the intervention. The inclusion of empirical studies from leading Indian cancer centers strengthens the credibility of the arguments. By discussing both conventional PPT methods and digital health innovations, the review captures the breadth of available strategies for improving access and outcomes in psycho-oncology.

The **discussion of barriers** is another strength of the manuscript. The acknowledgment of stigma, lack of awareness, and shortage of trained professionals reflects the real-world challenges of implementation in India. Simultaneously, the emphasis on developing culturally grounded PPT protocols and promoting interdisciplinary collaboration reflects a holistic approach to integrating psychotherapy with cancer care.

The **conclusion** effectively ties together the themes of the review, emphasizing PPT's potential to improve psychosocial outcomes, enhance resilience, and support both recovery and survivorship. The alignment with the holistic health model is especially important, as it situates emotional well-being as a vital component of cancer care alongside medical treatment.

Overall, this manuscript presents a well-structured, culturally nuanced, and clinically relevant review of Positive Psychotherapy in cancer patients within the Indian context. It highlights both the promise of PPT and the structural challenges to its widespread adoption, making it a valuable contribution to psycho-oncology literature in India.