

REVIEWER'S REPORT

Manuscript No.: IJAR-58753

Title: THE MIND AND SKIN INTERPLAY: EXPLORING THE EFFECT OF ANXIETY AND SOCIODEMOGRAPHIC ASPECTS ON COPING AND FUNCTIONING OF YOUNG ADULTS WITH PSORIASIS – A CROSS-SECTIONAL STUDY.

Recommendation:

Accept as it is

Accept after minor revision...

Accept after major revision

Do not accept (*Reasons below*)

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

Reviewer's ID: Dr. Sumathi

Detailed Reviewer's Report

1. Psoriasis is a chronic, non-contagious immune-mediated disease that causes skin cells to multiply much faster than normal. This rapid growth leads to a buildup of cells, forming raised, itchy, and scaly patches. It is a lifelong condition with symptoms that cycle through flare-ups and remissions.
2. Anxiety is your body's normal response to stress or a perceived threat. It can cause feelings of nervousness, a fast heartbeat, rapid breathing, and trouble focusing. When these feelings become intense, hard to control, and disrupt daily life, they may signal an anxiety disorder.
3. Depression is a common, serious mood disorder that causes persistent feelings of sadness, emptiness, and a loss of interest in activities. It alters how you think, feel, and behave, affecting daily functioning. Effective support and treatments, including therapy and medication, are available.
4. Psychodermatology is a medical field that links the mind and the skin. It studies how stress and feelings change your skin, and how

REVIEWER'S REPORT

- skin problems cause mental pain. Treatment uses both skin care and mental health care.
5. **WHODAS stands for the World Health Organization Disability Assessment Schedule. It is a standardized test used by doctors and researchers to measure a person's ability to handle daily life activities and general health limitations, regardless of their specific medical diagnosis.**
 6. **The mind and skin interplay—known as the brain-skin axis or psychodermatology—is a two-way biological communication channel. Psychological stress triggers brain hormones like cortisol that worsen skin inflammation and weaken the skin barrier. Meanwhile, visible skin conditions can cause anxiety, depression, and low self-esteem.**
 7. **Anxiety triggers stress hormones like adrenaline and cortisol. Over time, this affects both your mind and body, leading to physical tension, rapid heartbeat, and trouble sleeping. For a helpful overview of these impacts, you can read the Cleveland Clinic Guide on Anxiety Disorders.**
 8. **Sociodemographic characteristics are statistical traits of a human population. They combine social and economic factors like age, gender, education, income, race, and marital status. Researchers use these details to understand groups, study health trends, and see how social position shapes daily life.**
 9. **Young adults with psoriasis face intense physical and psychological hurdles, including social stigma, high rates of anxiety, and disruptions in school, work, and relationships. Effective coping requires balancing medical treatments with active stress management and mental health support to improve daily functioning.**
 10. **Key words and research topic are excellent.**
 11. **Result part is awesome with clear tables of values. But can be made graphs for values.**
 12. **Discussion, abstract and methodology parts are meaningful.**
 13. **Summary points only can be included.**
 14. **References can be altered with alphabetical order.**
 15. **After a small changes good to publish in your journal.**