

REVIEWER'S REPORT

Manuscript No.: IJAR-59439

Title: Beyond Hormone Replacement: A Systematic Review of Lifestyle, Cognition, and Psychological Well-Being in Hypothyroidism.

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		Good		
Significance	Excellent			

Reviewer's ID: Dr. Sumathi

Detailed Reviewer's Report

- Hypothyroidism, also known as an underactive thyroid, is a common endocrine disorder where the thyroid gland fails to produce enough thyroid hormones to meet the body's metabolic needs. Because these hormones regulate how your body uses energy, a deficiency effectively slows down essential bodily functions. It is highly prevalent, especially among women and individuals over the age of 60.**
- Cognitive function refers to the mental processes that allow us to acquire knowledge, manipulate information, and reason. It encompasses everything from basic sensory processing to complex problem-solving and decision-making. Managed by interconnected regions across the brain, these processes govern how we think, learn, remember, and interact with our environment.**
- Because the phrase "cognitive function" means different things depending on the context, it is broadly split into two distinct areas of study: neuropsychological domains (the biological functions of the brain) and personality theory (such as the Jungian or Myers-Briggs cognitive functions)**

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- 4. Psychological well-being (PWB) is a multi-dimensional core aspect of mental health that reflects positive functioning, a sense of meaning, and the ability to navigate life's challenges effectively. Rather than simply meaning the absence of distress, it is split into two primary domains: hedonic well-being (happiness, pleasure, and life satisfaction) and eudaimonic well-being (purpose, personal growth, and self-realization)**
- 5. Stress and fatigue are deeply interconnected forces that directly degrade your overall quality of life (QoL). When you experience chronic stress, your body enters a prolonged "ready" state, pumping out hormones like cortisol and adrenaline. This continuous biological activation drains your energy reserves, transforming mental pressure into persistent physical exhaustion that cannot be cured by sleep alone.**
- 6. Alternative and complementary approaches to managing hormonal transitions—such as menopause or endocrine shifts—extend beyond traditional Hormone Replacement Therapy (HRT)**
- 7. Hypothyroidism directly impacts psychological well-being because low thyroid hormone levels alter brain metabolism, decrease cerebral blood flow, and impair the regulation of key mood-related neurotransmitters like serotonin and norepinephrine.**
- 8. Hypothyroidism can profoundly alter your psychological well-being, as thyroid hormones act as a fundamental engine for your brain's chemistry and metabolism. When your thyroid function slows down, your brain function slows down with it, frequently triggering mental health symptoms that are deeply biological—not imagined.**
- 9. Key words and abstract are excellent**
- 10. Result part can be given tables with graphs.**
- 11. Summary points also be added.**
- 12. References are very less must be included with discussion points and also be in alphabetical order.**
- 13. After those changes good to publish in your journal.**