

Reviewer-1

This article explores this issue through the application of an innovative and culturally relevant intervention—fantasy expressive arts therapy. Provides a strategy to address and reduce a pressing social and psychological issue - family caregiver stress. It provides rich qualitative insights into how creative and symbolic approaches can help caregivers process emotions, rebuild self-identity, and build social support. The combination of narrative inquiry and IPA adds rigor and depth. This work contributes to both caregiving research and expressive arts therapy literature.

The title accurately reflects the content and methodology of the article.

Some parts are OK, but still need further polish. Although the overall content is understandable, there are problems with grammar and fluency in the sentences. Some sentences appear to be literal translations. It is recommended that you polish the manuscript again in English to improve the quality of academic expression, such as simplifying lengthy sentences and using consistent and standard academic terms. For example, some sentences in the text are:

1. “Through personalized imaginative journeys and creative activities, participants construct vibrant personal narratives and cultural meanings.”~~**chang to:**“Through personalized imaginative journeys and creative expression, participants shape narratives that reflect their inner cultural meanings and lived experiences.”
2. Data sources comprised session transcripts, participants’ artwork, and follow-up interviews.”~~**chang to:** “The data sources included transcripts of group sessions, participants’ creative works, and follow-up interviews.”

Introduction:

The background and motivation of the research are clearly presented, and the theoretical foundation is sufficiently established and well connected to practical applications.

Methods:

The study design is appropriate; however, the description of the data analysis process (e.g., coding procedures, verification methods, researcher reflexivity) could be more detailed and specific.

Results:

The case descriptions are vivid and nuanced, with emotional expressions that are compelling. Nevertheless, the analysis would be more comprehensive if it included a cross-comparison of themes across different cases.

Discussion:

The discussion can be better integrated with theoretical frameworks and would benefit from a stronger engagement with existing literature.

Conclusion:

The summary is clear and highlights practical implications. Suggestions for future research could be further elaborated and specified.

Overall appropriate. The literature covers classics and some recent research, but it is recommended to supplement international research in the past three to five years to enhance the timeliness and internationality of the literature.

Specific Comments:

1. The topic is timely and relevant, with strong potential for impact in caregiver support and expressive arts intervention fields.
2. The methodological framework is solid but requires more transparency in data analysis processes.
3. English language editing is necessary for academic polish.
4. Suggest adding visual aids (e.g., thematic maps or sample artwork images) to enrich presentation.
5. The discussion could more strongly engage with recent international literature and clearly articulate the innovation of the proposed model.