



Effectiveness of Cognitive Behavioral Lifestyle Improvement Training on Anxiety and Self-Care in Women with Diabetes

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1. Round 1

1.1 Reviewer 1

Date: 20 February 2024

Reviewer:

Introduction, Paragraph 3: The mention of the increasing prevalence of diabetes globally is significant. The figures cited, such as "645 million people will have diabetes by 2040," need recent and relevant references. Ensure these statistics are backed by the latest data from credible sources.

Introduction, Paragraph 5: The description of anxiety among diabetes patients is thorough. However, the claim that "anxiety is one of the most common reasons for psychiatric consultation in the final stages of cancer" seems tangential. Consider focusing more on anxiety specific to diabetes to maintain relevance.

Methods and Materials, Study Design and Participants: The entry and exclusion criteria are detailed. It would be beneficial to provide more information on how adherence to these criteria was monitored throughout the study.

Methods and Materials, Measures: The description of the Self-Care Behaviors questionnaire is clear. However, the section would benefit from a brief explanation of why this particular tool was chosen over others.

Methods and Materials, Measures: The Beck Anxiety Inventory is a well-known tool, but its application in this study would be clearer if you included information about its validity and reliability in diabetic populations.

Intervention, Session Descriptions: The cognitive-behavioral lifestyle improvement training sessions are well-outlined. However, the rationale behind each session should be more explicitly connected to the theoretical framework of cognitive-behavioral therapy.

Results, Descriptive Statistics: The table provided is clear, but the text should summarize the key findings more explicitly. For instance, highlight the most significant changes observed in the pre-test and post-test scores.

Authors revised the manuscript and uploaded the updated document.

1.2 Reviewer 2

Date: 22 February 2024

Reviewer:

Introduction, Paragraph 1: The introduction provides a comprehensive overview of diabetes. However, the statement "Diabetes is a metabolic disorder with various causes characterized by chronic hyperglycemia..." could benefit from a citation. Consider adding a reference to substantiate this claim.

Methods and Materials, Study Design and Participants: The sample size determination is well-justified. However, the use of a "purposive and convenient" sampling method may introduce bias. Discuss potential limitations and how they were mitigated.

Results, Multivariate Analysis of Variance: The results are significant, but the discussion lacks depth regarding the practical implications of these findings. Consider elaborating on how these results can influence clinical practice or future research.

Results, Table 3: The significance levels are mentioned, but a discussion on the effect sizes and their clinical relevance would enhance the interpretation of the results.

Discussion, Effectiveness of Training: The discussion on cognitive-behavioral lifestyle improvement training is well-founded. However, it would benefit from a comparison with other similar interventions documented in the literature.

Authors revised the manuscript and uploaded the updated document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.