Designing a Self-Care Culture Model for the Elderly with a Mixed Approach

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1. Round 1

1.1. Reviewer 1

Reviewer:

The statement "The increase in the elderly population is referred to as the silent revolution" (Introduction, Paragraph 1) is powerful. However, it would benefit from specific statistics or references to demographic studies that detail this population growth to strengthen the argument.

The "Model of Elderly Self-Care Culture" (Figure 1) is a key visual representation. Consider adding a legend or more detailed labels to enhance clarity and ensure all readers can interpret the model correctly.

The statement "self-care knowledge is the foundation of developing the self-care culture for the elderly" (Discussion, Paragraph 3) is significant. Provide examples or scenarios where increased self-care knowledge has directly led to improved outcomes.

The recommendations (Conclusion, Paragraph 3) are practical. It would be beneficial to discuss potential barriers to implementing these recommendations and suggest ways to overcome them.

Response: Revised and uploaded the manuscript.

1.2.   Reviewer 2

Reviewer:

The mention of "self-care as the most common behavioral response to illness" (Introduction, Paragraph 3) needs elaboration. Provide examples or case studies from both developed and developing countries to illustrate this point.

The selection criteria for the academic experts (Methods, Paragraph 2) could be clearer. Specify how experience and publication background were quantified or assessed during the selection process.

In "Step 1: Identifying the Components of Elderly Self-Care Culture" (Methods, Step 1), explain the coding process in more detail. How were the codes validated, and were there any inter-rater reliability checks performed?

The categorization of components in Table 1 is well-organized. However, it might be beneficial to include a brief explanation of each category to provide immediate context for readers unfamiliar with these terms.

The interpretation of the "Influence–Dependency Power of Components" (Table 7) is critical. A brief narrative explaining why certain components have higher influence or dependency would help contextualize these findings.

The discussion begins with a summary of results but could be enriched by comparing these findings to existing literature. Highlight similarities or differences with other studies on self-care models for the elderly.

Response: Revised and uploaded the manuscript.

2.   Revised

Editor's decision after revisions: Accepted.
Editor in Chief's decision: Accepted.