

Impact of a Digital Health Coaching Program on Self-Efficacy and Medication Adherence in Diabetic Patients


Angel .Lee¹, Amirul. Iskandar^{2*}

¹ Faculty of Social Sciences & Liberal Arts, Department of Psychology, UCSI University, Kuala Lumpur, Malaysia



² Department of Psychology, University of Malaya, Kuala Lumpur, Malaysia

* Corresponding author email address: amirul@um.edu.my

E d i t o r

Anela Hasanagic
Full Professor, Department of
Psychology, Faculty of Islamic
Education, University of Zenica,
Bosnia and Herzegovina
anela.hasanagic@unze.ba

R e v i e w e r s

Reviewer 1: Zahra Yousefi
Assistant Professor, Department of Psychology, Khorasan Branch, Islamic Azad
University, Isfahan, Iran.
Email: yousefi1393@khuisf.ac.ir
Reviewer 2: Mehdi Rostami
Department of Psychology and Counseling, KMAN Research Institute, Richmond
Hill, Ontario, Canada.
Email: dr.mrostami@kmanresce.ca

1. Round 1

1.1. Reviewer 1

Reviewer:

The claim “A randomized controlled trial by Azelton et al. (2021)...” would be stronger if you elaborated on the sample size or demographic details of that trial to help the reader assess its comparability to the current study.

The transition to “This study builds upon the existing literature...” is too abrupt. Consider briefly stating the research gap or unresolved question that this study directly addresses to make the rationale more explicit.

The sentence “The assumptions of normality and sphericity were tested...” is a good inclusion, but please specify the method used to test sphericity (e.g., Mauchly's test), even though results are shown later.

“Consistent one-on-one coaching sessions provided a psychologically safe space...” is a valuable observation. However, the study lacks qualitative data to support this interpretation. Consider suggesting that future studies include participant interviews to substantiate this claim.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

The sentence “These interventions are particularly beneficial in resource-limited settings...” could benefit from a clearer distinction between digital accessibility and cultural acceptability. It may be useful to indicate whether technological infrastructure in Malaysia supports such interventions broadly.

While assumptions are tested, effect size discussions are deferred. A short comment in this paragraph about whether the observed effects were large or moderate (η^2 interpretation) could guide the reader before they reach Table 2.

The phrase “These findings support the hypothesis that digital health coaching can be an effective behavioral tool...” is quite general. Consider specifying which components (e.g., real-time feedback, personalized goals) were most impactful based on participant feedback or engagement data, if collected.

Response: Revised and uploaded the manuscript.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.