

List of Responses

Dear Editors and Reviewer:

Thank you for your favorite consideration and the reviewer's insightful comments of our manuscript (NO.: 67764). Those comments are all valuable and very helpful for revising and improving our paper. We have studied comments carefully and have made correction which we hope meet with approval. The main corrections in the paper and the responds to the reviewer's comments and editorial office's comments are as flowing:

Responds to the reviewer's comments:

Reviewer #1:

1. Images and tables are needed to maintain the best sense of reading.

Response: It is really true there are a lot of problems with the pictures and tables, so we re-edited and proofread all the pictures and tables.

2. The discussion section is very general and should discuss the results of this present study.

Response: It is really true that the discussion was too simple, so we have re-written paragraphs 3-5 of the discussion (please see discussion in the manuscripts of page 13-15).

3. The number of participates is very low. In my opinion this is a controlled observational study. How many patients have been excluded in the past few years? why? Is it just because they refused this treatment, or are there other reasons?

Response: We recruited colorectal cancer patients hospitalized in Hospital during chemotherapy from March to October 2018. According to the inclusion and exclusion criteria of the experiment, a total of 87 patients met the experimental requirements, of which 66 patients were willing to participate in the experiment, signed informed consent, and guaranteed to strictly abide by the experimental requirements, complete 6-month exercise and CBT intervention, and keep in touch throughout the whole process. We preliminarily designed 33 patients in each of the experimental group and the control group, However, during the exercise guidance of Baduanjin for 33 patients in the experimental group, 3 patients did not master the technical movements of

Baduanjin until they were discharged from the hospital and did not meet the experimental requirements, so they were excluded. Then, in order to keep the number of people in the two groups equal, 3 people in the control group were randomly excluded, and 30 patients in each group finally. During the study, a total of 5 patients withdrew from the study, including 2 patients in the experimental group who did not complete the treatment on time and 1 patient whose condition deteriorated, and 2 patients in the control group who were readmitted to the hospital for chemotherapy and withdrew from the study. Finally, 27 patients in the experimental group and 28 patients in the control group completed the study.

Reviewer #2:

1. The format of references should be modified.

Response: We are very sorry for our incomplete writing of references, we have re-modified all the references according to the requirements in the journal submission guidelines.

2. Please write the P value correctly in Tables.

Response: It is really true that we have not edited the figures and tables in the correct format. We have carefully read the requirements of submission guidelines, and have modified all tables and pictures as required. We have added P value in table 1 and table 6. However, the experimental group and the control group in table 3-5 have been statistically analyzed for many times, the specific P values cannot be presented one by one in the table, so they were written in the results section, so as to figure 1-4.

Responds to editorial office's comments:

Science editor:

1. The title is too long, and it should be no more than 18 words.

Response: As requested, we have re-written the title to "Effects of cognitive behavior therapy combined with Baduanjin in patients of colorectal cancer".

2. The authors did not provide the approved grant application form(s). Please upload the approved grant application form(s) or funding agency copy of any

approval document(s)

Response: We have uploaded the funding agency copy.

3. The authors did not provide original pictures. Please provide the original figure documents. Please prepare and arrange the figures using PowerPoint to ensure that all graphs or arrows or text portions can be reprocessed by the editor.

Response: We have put original figures in PowerPoint file.

4. PMID and DOI numbers are missing in the reference list. Please provide the PubMed numbers and DOI citation numbers to the reference list and list all authors of the references.

Response: we have re-modified all the references and added PMID and DOI numbers according to the requirements in the journal submission guidelines,

5. The “Article Highlights” section is missing. Please add the “Article Highlights” section at the end of the main text.

Response: we have added “Article Highlights” section at the end of the main text.

We tried our best to improve the manuscript and made some changes in the manuscript. And here we did not list the changes in revised manuscript.

We appreciate for Editors/Reviewer’s warm work earnestly, and hope that the correction will meet with approval.

Once again, thank you very much for your comments and suggestions.

Best,

Xinan-Zhang