

## Format for ANSWERING REVIEWERS

November 03, 2014



Dear Editor,

Please find enclosed the edited manuscript in Word format (file name: 13577-review.doc).

**Title:** The psychological aspects of diabetes care: effecting behavioral change in patients

**Author:** Boon-How Chew, Shariff-Ghazali Sazlina, Aaron Fernandez

**Name of Journal:** *World Journal of Diabetes*

**ESPS Manuscript NO:** 13577

The manuscript has been improved according to the suggestions of reviewers:

1 Format has been updated

2 Revision has been made according to the suggestions of the reviewer

See appendix on the point-by-point responses to the reviewers' comments. Changes in the text have been highlighted in gray.

3 References and typesetting were corrected

4. We have subjected the manuscript to Turnitin plagiarism check and improved our write-up. We did not use the suggested CrossCheck because our institution has already subscribed to Turnitin. We will agree with your further CrossCheck evaluation on the manuscript.

Thank you again for publishing our manuscript in the *World Journal of Diabetes*.

Sincerely yours,

A handwritten signature in black ink, appearing to read 'Boon-How Chew', enclosed in a light gray rectangular box.

BOON-HOW CHEW

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## Appendix: Responses to reviewers' comments

### Reviewer 1

I consider that the authors provide an interesting review on the psychological aspects of diabetes care.

**Thank you for your kind words.**

I would, nonetheless, like to highlight the following issues: -Authors should clearly state in the manuscript the importance of the present review.

**We have added sentences that indicate the importance of this review in the last six lines under the Introduction section. The points in these sentences have appeared in the abstract of the review.**

Sections included from "What is emotion?" to "Proactive coping" provide a valuable and detailed introduction about the conceptual framework. However, I would like to suggest that authors consider greatly shortening these subsections therefore focusing the manuscript on diabetes.

**This review was intended to provide an educational and informative knowledge on the important aspects of human psychology, from their general and basic scientific aspects and then in their specific associations with diabetes mellitus. Therefore, Reviewer 1 has rightly noted that under the "What is emotion?" section, this review elaborated on the fundamentals of emotions, and under the "Proactive coping" and later sections, this review has provided findings from studies in patients with diabetes mellitus.**

I hope the authors find my comments useful. Best wishes.

**Thank you for your useful comments and suggestions.**

### Reviewer 2

This article is well written and describes information about the relationship between emotional states and diabetes.

**Thank you for the kind comments.**

However in some references update failure. My suggestions are:

- 1.- add a section in which the differences between age groups or between cultural groups is displayed
- 2.-Asi as a section of genetic variability and
- 3.-Another which express the influence of positive emotions such as hope and subjective well.

**We agree and appreciate that interesting information could be presented under different age groups, cultural backgrounds and genetic variability. However, we believe they would overly expand this review. Furthermore, patient-level characteristics could be more meaningfully dealt with in another review that evaluate treatments efficacy and effectiveness. With regards to the genetic variability and human psychology, we are afraid that this association might appear too far-fetched in diabetes patients and our expertise.**

**We have improved the paragraph on the influence of positive emotions, and added some references as suggested by reviewer 2, at page 18 para 2 lines 3-8: "A recent review<sup>[125]</sup> and study<sup>[126]</sup> reported that positive emotional health (well-being, positive affect, resilience and gratitude) were linked to self-management (exercise, treatment adherence and frequency of blood glucose monitoring), health-related outcomes (HbA1c, health status and HRQOL) and lower risk of all-cause mortality in patients with DM[125]."**

**125 Robertson SM, Amspoker AB, Cully JA, Ross EL, Naik AD. Affective symptoms and change in diabetes self-efficacy and glycaemic control. Diabet Med 2013; 30(5): e189-196 [PMID: 23350920 PMCID: Pmc3628998 DOI: 10.1111/dme.12146]**

**126 Jaser SS, Patel N, Rothman RL, Choi L, Whittemore R. Check it! A randomized pilot of a positive psychology intervention to improve adherence in adolescents with type 1 diabetes. Diabetes Educ 2014; 40(5): 659-667 [PMID: 24867917 DOI: 10.1177/0145721714535990]**

### **Reviewer 3**

1. The search strategy should be reported in detail.

**See responses in item 3 below.**

2. The use of MESH term for PubMed is recommended.

**We did use the MeSH terms for the primary terms mentioned in the Method section. We have improved the search description with mentioning of the use of MeSH terms.**

3. A Figure about PRISMA should be reported.

**The objective of this review is to highlight the effects and roles of human psychology, in particular the emotion, on people with diabetes mellitus. We have made this objective clear in the manuscript page 4 para 2 lines 7-10: “We compiled a narrative synthesis of findings, highlighting underlying theories, mechanisms and interactions of the different and essential psychological aspects of patients that might influence self-care behaviors and clinical outcomes.”**

**Since this is not a systematic review but more of a selective critical narrative review, we could not provide detail search strategy, did not use PRISMA, did not score the quality of the included papers nor used any questionnaire or checklist, as suggested by Reviewer 3 that are employed in a systematic review.**

4. In addition in RCT papers the papers should be scored for their quality.

**See responses in item 3 above.**

5. The questionnaire utilized should be indicated in the text as well as the data reported.

**See responses in item 3 above.**

6. Introduction section is too long and should be shortened

**The Introduction has only about 1-page long, and it contains only necessary information. Therefore, we would like to differ with this comment and maintain the current Introduction.**