

## ESPS Peer-review Report

**Name of Journal:** World Journal of Gastroenterology

**ESPS Manuscript NO:** 5458

**Title:** The role of complementary and alternative medicines in the treatment of irritable bowel syndrome - an integrative view

**Reviewer code:** 02446585

**Science editor:** Gou, Su-Xin

**Date sent for review:** 2013-09-11 16:13

**Date reviewed:** 2013-10-08 13:31

CLASSIFICATION	LANGUAGE EVALUATION	RECOMMENDATION	CONCLUSION
<input type="checkbox"/> Grade A (Excellent)	<input checked="" type="checkbox"/> Grade A: Priority Publishing	Google Search:	<input checked="" type="checkbox"/> Accept
<input checked="" type="checkbox"/> Grade B (Very good)	<input type="checkbox"/> Grade B: minor language polishing	<input type="checkbox"/> Existed	<input type="checkbox"/> High priority for publication
<input type="checkbox"/> Grade C (Good)	<input type="checkbox"/> Grade C: a great deal of language polishing	<input type="checkbox"/> No records	<input type="checkbox"/> Rejection
<input type="checkbox"/> Grade D (Fair)	<input type="checkbox"/> Grade D: rejected	BPG Search:	<input type="checkbox"/> Minor revision
<input type="checkbox"/> Grade E (Poor)		<input type="checkbox"/> Existed	<input type="checkbox"/> Major revision
		<input type="checkbox"/> No records	

## COMMENTS TO AUTHORS

**Comments on " The role of complementary and alternative medicines in the treatment of irritable bowel syndrome- an integrative study".**

Thank you for inviting me to review this very interesting article focusing on CAM interventions for IBS treatment. This is a very well written article pointing out the importance of an integrative medical approach in IBS.

The CAM interventions are mainly discussed from page 9 to 14.

Minor comments:

General: tables would have been helpful to easier get an overview of different treatments and associated evidence.

Page 12 first section:

The author writes: "There is initial but limited clinical evidence supporting the use of yoga, relaxation, acupuncture, hypnotherapy, and cognitive behavioral therapy showing improvement in IBS symptoms and overall quality of life".

To my knowledge there is more than initial and limited evidence for the use of eg hypnotherapy or cognitive behavioral therapy in IBS. Please consider to reword this sentence.

Mechanical CAM interventions:

- the following article is surprisingly not cited: Physical activity improves symptoms in irritable bowel syndrome: a randomized controlled trial. Johannesson E et al. (Am J Gastroenterol. 2011 May)
- The study of Levy et al is showing an association between IBS like symptoms and exercise- but not a causal relationship. Please reword

Psychological CAM interventions:

- Hypnotherapy: Please complete this section. The Cochrane review from 2007 is not including the recent papers. All recent high quality articles should be named here, e.g.:

-Effects of gut-directed hypnotherapy on IBS in different clinical settings-results from two randomized, controlled trials.

Lindfors P, Am J Gastroenterol

Cognitive behavioral therapy:

- Several recent and important article are not cited here, e.g. the work of Ljótsson et al.

Mindfulness and psychotherapy should be discussed here