

ESPS PEER-REVIEW REPORT

Name of journal: World Journal of Gastroenterology

ESPS manuscript NO: 31713

Title: Role of illness perception and self-efficacy in lifestyle modification among non-alcoholic fatty liver disease patients

Reviewer's code: 03622349

Reviewer's country: Brazil

Science editor: Jing Yu

Date sent for review: 2016-12-06 13:33

Date reviewed: 2016-12-12 23:54

CLASSIFICATION	LANGUAGE EVALUATION	SCIENTIFIC MISCONDUCT	CONCLUSION
<input type="checkbox"/> Grade A: Excellent	<input type="checkbox"/> Grade A: Priority publishing	Google Search:	<input type="checkbox"/> Accept
<input type="checkbox"/> Grade B: Very good	<input checked="" type="checkbox"/> Grade B: Minor language polishing	<input type="checkbox"/> The same title	<input type="checkbox"/> High priority for publication
<input checked="" type="checkbox"/> Grade C: Good	<input type="checkbox"/> Grade C: A great deal of language polishing	<input type="checkbox"/> Duplicate publication	<input type="checkbox"/> Rejection
<input type="checkbox"/> Grade D: Fair	<input type="checkbox"/> Grade D: Rejected	<input type="checkbox"/> Plagiarism	<input type="checkbox"/> Minor revision
<input type="checkbox"/> Grade E: Poor		<input checked="" type="checkbox"/> No	<input type="checkbox"/> Major revision
		BPG Search:	
		<input type="checkbox"/> The same title	
		<input type="checkbox"/> Duplicate publication	
		<input type="checkbox"/> Plagiarism	
		<input checked="" type="checkbox"/> No	

COMMENTS TO AUTHORS

Zelber-Sagi et al evaluated the paper entitled "Role of illness perception and self-efficacy in lifestyle modification among NAFLD patients". The topic is quite interesting and the paper is very well written, with clear language and discussion consistent with the results obtained. However, some questions have arisen and need to be better clarified. In view of the fact I will give the authors the opportunity to revise some points before resubmitting to the journal. Comments: INTRODUCTION: - The introduction is well written and reflects clearly the content of the article. However, on page 9, 2nd line, the authors mentioned that has no accepted pharmacological treatment. Nevertheless, there are some drugs used for treatments of hypertension and insulin resistance that have pleiotropic effects on hepatic steatosis, as evidenced in our work in 2010 (Comparative effects of telmisartan, sitagliptin and metformin alone or in combination on obesity, insulin resistance, and liver and pancreas remodelling in C57BL/6 mice fed on a very high-fat diet. Clin Sci (Lond). 2010; 119:239-50). I think it is important to comment and discuss a bit more about this fact. MATERIAL AND METHODS: - On page 10, 1st line (study population), you commented that the diagnosis of



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hepatic steatosis was done by ultrasound and not by liver biopsy, which is considered the gold standard to diagnose this disease. Why did you opt for the imaging technique, and not the liver biopsy? - The methods section does not inform the age of the patients selected for the study; - Do all patients have the same degree of hepatic steatosis? Would not it be more correct and easier for the interpretation of the results to divide them according to the different degrees of hepatic steatosis?

RESULTS - Can we compare the degree of hepatic steatosis among young patients (20 years of age) and elderly (60 years of age)? This also applies to description of disease perceptions, illness emotional representation, perceived illness consequences, self-efficacy and reported nutritional habits among NAFLD patients. Discuss this. - All tables should contain only horizontal rules.

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Name of journal: World Journal of Gastroenterology

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Title: Role of illness perception and self-efficacy in lifestyle modification among non-alcoholic fatty liver disease patients

Reviewer's code: 03576133

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CLASSIFICATION	LANGUAGE EVALUATION	SCIENTIFIC MISCONDUCT	CONCLUSION
<input type="checkbox"/> Grade A: Excellent	<input checked="" type="checkbox"/> Grade A: Priority publishing	Google Search:	<input type="checkbox"/> Accept
<input checked="" type="checkbox"/> Grade B: Very good	<input type="checkbox"/> Grade B: Minor language polishing	<input type="checkbox"/> The same title	<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"/> Duplicate publication	<input type="checkbox"/> Rejection
<input type="checkbox"/> Grade D: Fair	<input type="checkbox"/> Grade D: Rejected	<input checked="" type="checkbox"/> No	<input checked="" type="checkbox"/> Minor revision
<input type="checkbox"/> Grade E: Poor		BPG Search:	<input type="checkbox"/> Major revision
		<input type="checkbox"/> The same title	
		<input type="checkbox"/> Duplicate publication	
		<input type="checkbox"/> Plagiarism	
		<input checked="" type="checkbox"/> No	

COMMENTS TO AUTHORS

The study by Zelber-Sagi et al has investigated the relation between illness perception and dietary modification (87 patients)/ regular exercise training (34 patients) among 146 patients with nonalcoholic fatty liver disease (NAFLD). The study has shown significant correlations between disease perception and dietary habits among NAFLD patients, suggesting self-efficacy enhancement as an effective tool for improving illness understanding, thus treatment effectiveness. Aim of the study has been clearly stated. Data relevant to the topic have been precisely presented and discussed in detail. Statistical methods have been meticulously mentioned in the text. This is an interesting, contemporary and well-presented study. Minor suggestions: 1. "lifestyle" should be correctly written in the title. 2. Body mass index of the study population is 32+/- 6, but HbA1c is 5.6 % and glucose level 85 mg/dl. These findings strongly suggest that a significant proportion of patients may have metabolic syndrome and therefore may be on oral antidiabetic medication. To clarify this issue, percentage of patients with metabolic syndrome may be added to data. Metabolic syndrome may also be mentioned in discussion. 3. Medication use regarding statins and antihypertensives may be added



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to baseline characteristics of the study patients.