



Article history:

Received 19 November 2023

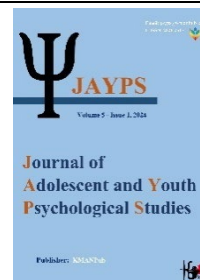
Revised 22 December 2023

Accepted 27 December 2023

Published online 08 January 2024

Journal of Adolescent and Youth
Psychological Studies

Open peer-review report



E-ISSN: 2981-2526

Effectiveness of Lifestyle Modification Training on Psychological
Symptoms and Self-Care in Patients with Type 2 DiabetesAli. Mozaferipour¹, Mohammad Ebrahim. Madahi^{2*}, Maryam. Kalhornia Golkar³¹ Department of Psychology, Kish International Branch, Islamic Azad University, Kish Island, Iran² Assistant Professor, Department of Clinical Psychology, Shahed University, Tehran, Iran³ Assistant Professor, Department of Psychology, Karaj Branch, Islamic Azad University, Karaj, Iran

* Corresponding author email address: memadahi@yahoo.com

E d i t o r	R e v i e w e r s
Seyed Ali Darbani ¹ Assistant Professor, Department of Psychology and Counseling, South Tehran Branch, Islamic Azad University, Tehran, Iran Ali.darbani@iau.ac.ir	Reviewer 1: Parvaneh Mohammadkhani ¹ Professor, Department of Clinical Psychology, University of Rehabilitation Sciences and Social Health, Tehran, Iran. Email: Pa.mohammadkhani@uswr.ac.ir Reviewer 2: Mehdi Rostami ¹ 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 study is an important contribution to diabetes care with practical and theoretical implications, though it would benefit from a broader discussion on its long-term impact and applications in diverse settings.

1. Introduction

- **Strengths:** Provides a solid background on diabetes and its psychological impacts.
- **Weaknesses:** Limited discussion on previous lifestyle modification studies in diabetes.
- **Suggestions:** Include literature review on the effectiveness of lifestyle interventions in similar populations.

2. Methods and Materials

- **Strengths:** Detailed explanation of the quasi-experimental design and sampling methods.
- **Weaknesses:** The convenience sampling method might affect the generalizability of results.
- **Suggestions:** Discuss how the sampling method might impact the study's applicability to a broader population.

3. Results

- **Strengths:** Comprehensive presentation of data with statistical analysis.

- **Weaknesses:** Some statistical terms are not explained in layman terms.
- **Suggestions:** Provide a glossary or explanation of key statistical terms for broader accessibility.

4. Discussion and Conclusion

- **Strengths:** Effectively relates findings to existing research and theories.
- **Weaknesses:** Limited exploration of the broader implications of the study.
- **Suggestions:** Discuss the potential impact of the findings on diabetes care and policy.

5. Limitations and Suggestions

- **Strengths:** Acknowledges the study's geographical and sampling limitations.
- **Weaknesses:** Recommendations for future research are quite general.
- **Suggestions:** Suggest specific future studies, perhaps involving different demographics or settings.

Authors uploaded the revised manuscript.

1.2. Reviewer 2

Reviewer: A great study contributing to understanding diabetes management, though improvements in sampling and broader implications discussion could enhance its impact.

1. Research Innovation

- The study introduces a significant intervention in diabetes care, but could emphasize its unique contribution more in relation to existing interventions.

2. Interdisciplinary Approach

- Integrates medical and psychological perspectives well, but could expand on how these fields intersect in diabetes care.

3. Empirical Evidence

- Presents robust empirical evidence; however, a larger, more diverse sample would strengthen the findings.

4. Clinical Implications

- The implications for diabetes management are significant; expanding on how these findings can be applied in different healthcare settings would be beneficial.

5. Theoretical Contributions

- Adds valuable knowledge to the field, but could further explore how the findings challenge or support current theories in diabetes management.

6. Future Research Directions

- Future studies could explore the long-term impacts of lifestyle modifications and their application in other chronic conditions.

7. Overall Impact

- The study is an important contribution to diabetes care with practical and theoretical implications, though it would benefit from a broader discussion on its long-term impact and applications in diverse settings.

Authors uploaded the revised manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.