OPEN PEER REVIEW

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As a new feature for progressing towards transparency, we decided to open a new window for all of our editors as well as authors titled "**Open Peer Review**". We hope by this new facility, our reviewers will be more motivated and authors will be more satisfied with the review process. We believe that publishing our peer review reports could make a transparent and clear environment for all our efforts within a journal, but not all reviewers tend to publish their comments.

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An "Open Peer Review" process is making the details of all review process (including reviewers, associate editors, and EICs comments) as "Public" as it is agreed by EIC, Authors, and reviewers.

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- More transparency, constructiveness and tactful comments of the peer review process: leads to an increase in the quality of reviews
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https://sites.kowsarpub.com/kowsar/knowledgebase/category/tree.html#opr.html

Archives of Neuroscience
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Peer Review Report for "The Effect of Foot Reflexology on Fatigue, Sleep Quality and Anxiety in Patients with Multiple Sclerosis: A Randomized Controlled Trial"

Author(s): Mahbobeh Sajadi, Fahimeh Davodabady, Mohsen Ebrahimi-Monfared

Review Timeline:

Submit Date: 14 Mar 2020
Revised Date: 2 May 2020
Accepted Date: 5 May 2020

Revision (0)

Here, you can see the **Reviewers**, **Associate Editors** and **EICs'** comments from the beginning to the end of the revision process.

REFEREE: Reviewer | Revision (0)

29 Mar 2020

Dear AE,

- The title should be corrected.

The effect of foot reflexology on fatigue, sleep quality and anxiety in patients with multiple sclerosis: A randomized controlled trial

Abstract:

- Method of statistical analysis, Time, place, and type of study should be written.
- What about the level of significance?
- The abstract would be enhanced with more detail as per the consort statement.

Introduction:

- There should be enough information about the ingredients of the reflexology and its application. It is not clear in which situation has been the intervention done.
- References 8 and 15 are old, you can use newer studies:

Ozdelikara A, Tan M. The effect of reflexology on the quality of life with breast cancer patients. Complement Ther Clin Pract. 2017;29:122–129.

Sajadi M, Davodabady F, Naseri-Salahshour V, Harorani M, Ebrahimi-monfared M. The effect of foot reflexology on constipation and quality of life in patients with multiple

sclerosis. A randomized controlled trial. Complementary Therapies in Medicine. 2020 Jan 1;48:102270.
Dikmen HA, Terzioglu F. Effects of reflexology and progressive muscle relaxation on pain, fatigue, and quality of life during chemotherapy in gynecologic cancer patients. Pain Manag Nurs. 2019;20(1):47–53.
Methods:
- How have calculated sample sizes?
- Explain with reference about reliability and validity of the State-Trait Anxiety Inventory (STAI) scale.
- What is the reason for choosing a 30 to 40 minute foot reflexology?
- Blinding process should be further explained.
- The data collection process is not provided – the step-by-step
Results:
- It is better to break Table 2 into three tables and provide a description of each table separately.
- The Methods and Discussion part is weak and needed to be more harmonized with results. Authors encourage that increase the argument in discussion part logically.
Thanks.

REFEREE: Reviewer | **Revision** (0) 3 Apr 2020

Dear AE,
This is a valuable study about alternative (Reflexology) treatment in MS patients.
this type of treatment has low cost and no side-effects. If we have good evidence about these treatment it can help to patients.
Thanks.

REFEREE: Associate Editor | **Revision** (0) 3 Apr 2020

Dear EIC,
The manuscript is studied, and there are some comments which should be addressed by the author. According to the comments, the document needs major revision.
Kind regards,

REFEREE: EIC | **Revision** (0) 3 Apr 2020

Dear Author,
Your article is reviewed by the reviewers carefully. According to their comments, this document needs major revision. Please follow their comments as requested.
Thanks.

OPEN PEER REVIEW

Revision (1)

Reply to Reviewers

Ideally, the reviewing process can significantly improve the submitted manuscripts by allowing the authors to take into account the advice of reviewers. Author(s) must reply to all reviewers' comments in a separate Word file, point by point. A "**Reply to Reviewers**" document is submitted along with revised manuscript during submission of revised files, summarizing the changes that the authors made in response to the reviewers' comments. The responses to reviewers' comments specifies how the authors addressed each comment the reviewers made.

You can read the authors' responses to the reviewers' comments in the next page.

Dear editor, Dr. Zahid Hussain Khan
Editor-in-Chief

Archives of Neuroscience

[April 27, 2020]

Thank you for reviewing our manuscript.

At the bottom of each comment, the corrections were explained. Modified items were highlighted in the manuscript.

Reviewer 1:

The title should be corrected.

We revised this section. “The effect of foot reflexology on fatigue, sleep quality and anxiety in patients with multiple sclerosis: A randomized controlled trial”

Abstract:

Method of statistical analysis, Time, place and type of study should be written

Thank you very much for your critical observation, we revised it.

What about the level of significance?

Thanks for your comments. We revised this section.

A significant statistical level was considered 0.05.

The abstract would be enhanced with more detail as per the consort statement.

Thank you very much for your critical observation, we revised it.

Introduction:

There should be enough information about the ingredients of the reflexology and its application. It is not clear in which situation has been the intervention done.

Modification is made in the manuscript.

References 8 and 15 are old, you can use newer studies:

- Ozdelikara A, Tan M. The effect of reflexology on the quality of life with breast cancer patients. Complement Ther Clin Pract. 2017;29:122–129.

- Sajadi M, Davodabady F, Naseri-Salahshour V, Harorani M, Ebrahimi-monfared M. The effect of foot reflexology on constipation and quality of life in patients with multiple sclerosis. A randomized controlled trial. Complementary Therapies in Medicine. 2020 Jan 1;48:102270.

Dikmen HA, Terzioglu F. Effects of reflexology and progressive muscle relaxation on pain, fatigue, and quality of life during chemotherapy in gynecologic cancer patients. Pain Manag Nurs. 2019;20(1):47–53.

Thanks for your comments, we revised it. The old reference was removed and a newer study was added.

Methods:

How have calculated sample sizes?

To determine sample size, according to a previous study (1) ($\mu1 = 58.51$, $\mu2 = 80.74$, $\delta_1^2 = 18.8$, $\delta_2^2 = 21.1$) within the 95% confidence interval limits ($\alpha = 0.05$), at 0.80 power, the minimum number of participants was calculated as 26 (13 for reflexology, 13 for control).

However, in this study, due to the small sample size, all patients with multiple sclerosis registered in the MS Arak Center were invited to participate in the study. Then, based on the inclusion criteria, the samples were included in the study and randomly divided into two groups (fig. 1).

Explain with reference about reliability and validity of the State-Trait Anxiety Inventory (STAI) scale.

Thanks for your comments, we revised it.

What is the reason for choosing a 30 to 40 minute foot reflexology?

Thanks for your comments, Modification is made in the manuscript.

Generally, a session lasts between 30-40 minutes (2-4).

Blinding process should be further explained.

Thank you very much for your critical observation, we revised it.

The data collection process is not provided – the step-by-step

Thanks for your comments, Modification is made in the manuscript. We revised this section.

Results:

It is better to break Table 2 into three tables and provide a description of each table separately.

The Methods and Discussion part is weak and needed to be more harmonized with results. Authors encourage that increase the argument in discussion part logically.

We revised this section. We broke Table 2 into three tables and described each table separately.

Reviewer 2:

This is a valuable study about alternative (Reflexology) treatment in MS patients.

This type of treatment has low cost and no side-effects. If we have good evidence about these treatment it can help to patients.

Thank you for reviewing your valuable comments on our manuscript to the Archives of Neuroscience.

Sincerely,

References

1. Unal KS, Balci Akpinar R. The effect of foot reflexology and back massage on hemodialysis patients' fatigue and sleep quality. Complementary Therapies in Clinical Practice. 2016;24:139-44.
2. Toygar I, Yesilbalkan OU, Malseven YG, Sonmez E. Effect of reflexology on anxiety and sleep of informal cancer caregiver: Randomized controlled trial. Complementary Therapies in Clinical Practice. 2020:101143.
3. Rambod M, Pasyar N, Shamsadini M. The effect of foot reflexology on fatigue, pain, and sleep quality in lymphoma patients: A clinical trial. European Journal of Oncology Nursing. 2019;43:101678.
4. Mackereth PA, Booth K, Hillier VF, Caress A-L. Reflexology and progressive muscle relaxation training for people with multiple sclerosis: A crossover trial. Complementary Therapies in Clinical Practice. 2009;15(1):14-21.

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Revision (1)

Here, you can see the **Reviewers**, **Associate Editors** and **EICs'** comments from the beginning to the end of the revision process.

REFEREE: Reviewer | **Revision** (1) 4 May 2020

Dear AE,
The study is reviewed carefully. According to comments and revisions by the author, this manuscript is accepted.
Thanks

REFEREE: Reviewer | **Revision** (1) 4 May 2020

Dear AE,
This study is about alternative medicine in Multiple sclerosis. It is a good study and physicians can use its results.
Thanks.

REFEREE: Associate Editor | **Revision** (1) 5 May 2020

Dear EIC
Based on the authors' answers to the reviewers' comments, the reviewer(s) have recommended publication.
Kind regards.

REFEREE: EIC | **Revision** (1) 5 May 2020

Dear Author,
The document is reviewed carefully by the reviewers. According to their comments and your revisions as requested, this manuscript is accepted.
Thanks.