OPEN PEER REVIEW

Open Peer Review (OPR)

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.

What is "Open Peer Review" process?

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.

Advantages of "Open Peer Review" process

- More transparency, constructiveness and tactful comments of the peer review process: leads to an increase in the quality of reviews
- More motivations for all involved roles in the review process
- Authors' satisfactions from the review process: Increases honesty between authors and reviewers
- Education of both authors and new students
- Prevents reviewers from following their individual agendas and leading to the detection of reviewers' conflicts of interests

You can find out more at:
https://brieflands.com/briefland/knowledgebase/category/tree.html#opr.html

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Peer Review Report for "The Necessity of Preventing Obsessive-Compulsive Disorder During the COVID-19 Pandemic"

Author(s): Farzad Zareie

Review Timeline:

Submit Date:	10 May 2020
Revised Date:	13 Jun 2020
Accepted Date:	17 Jun 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: EIC | **Revision** (**0**) 5 Jun 2020

Dear Authors,
This manuscript addresses an important issue. There are a few things to keep in mind. Here are a few things to keep in mind when revising the manuscript. Various factors are involved in the etiology of OCD; predisposing factors, precipitating factors and perpetuating factors. Excessive washing advice only leads to OCD in people who have predisposing vulnerability. Besides excessive washing advice may act as a perpetuating factor and worsen the disorder in affected patients (not healthy people who have no predisposing vulnerability). On the other hand, one of the most common manifestations of OCD is the need for reassurance, and people with OCD who compulsively seek reassurance get a quick fix, but actually, excessive reassurance worsen their discomfort in the long term.
One of the most important measures that nurses can take for these patients is to follow up on patients' pharmacological and non-pharmacological treatments. Exposure and response prevention is one of the most important non-pharmacological treatments that should be modified as “excessive-response prevention in exposed patients”.
Please see the attached file.
Thanks.

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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.

However, frequent cleaning of hands can lead to obsessions and compulsions.

Reply: modified as follows:

This recommendation and what is referred as a preventative measure against COVID-19 in vulnerable persons, for example people with predisposing vulnerability like anxiety disorders can have serious consequences such as Obsessive-compulsive disorder)OCD((6, 7).

Today, contracting COVID-19 is a scary scenario, and following the Covid-19 health and safety tips can trigger OCD in people who have never had this problem, while the available treatments for this disorder are not very effective

Reply: modified as follows:

OCD is associated with genetic and variety of environmental factors such as fear of pollution, feeling of being contaminated and excessive washing (7, 9). What is important is that a stressful event can trigger a chronic pattern of the OCD (10). Today, contracting COVID-19 is this scary event and emphasis on recommended health advice to prevention of infection can cause or exacerbate OCD in people who susceptible to it especially in Iranian women in whom OCD is relatively common

Nurses can inform the public through social media on the necessity of cleaning of hands with soap and water, and also on the importance of ignoring intrusive thoughts. For example, they can reassure people that hand washing is not necessary in sterile environments or in home quarantine, or explain that washing hands for 15 seconds removes 90% and for 30 seconds 99% of pathogens on the surface of the skin

Reply: modified as follows:

Nurses have a special role including:

* Educational activities: for people who are at risk of developing OCD Given the health advice like importance of promoting social distancing, avoid of contact with individuals who are suspected to having COVID-19 to reduction of intrusive thoughts. Also nurses can reassure people that hand washing is not necessary in sterile environments or in home quarantine. Moreover, given that the COVID-19 pandemic has lasted for a long period, healthcare providers

need to pay special attention to psychological complications, including obsessions and compulsions in people at risk.

* Follow up pharmacological treatments: for those patients who are taking medication, for example SSRI (10), nurses should emphasize the importance of regular consumption to prevent exacerbation of OCD

* Follow up non-pharmacological treatments: Emotion-Focused Therapy and behavioral approaches such as “excessive-response prevention in exposed patients” that can be effective must be continued.

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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: Associate Editor | **Revision** (1) 17 Jun 2020

Dear EIC,
The revised version is acceptable for publication.
Thanks

REFEREE: EIC | **Revision** (1) 17 Jun 2020

Dear Authors,
We have completed our review of your manuscript and are pleased to inform you that it is considered for publication in the IJPBS. Note that the publication of your article will only be finalized upon your cooperation with the editorial processing.
Thank you for your fine contribution. On behalf of the Editors of IJPBS, we look forward to your continued contributions to the Journal.
Thanks