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OPEN PEER REVIEW

Correlation of the Severity of Physical and Psychological Symptoms and Severity of Insomnia in Postmenopausal Women

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About this report

This open peer review (OPR) report shows the public comments made on this article during peer review, by the reviewers, the associate editor and the editor-in-chief, for every revision round, together with the authors' replies. Comments appear only with the consent of the people who wrote them. Reviewers who chose to sign their report are named; the others are shown as "Referee". Comments are edited for language only, and confidential remarks to the editors are not included.

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1 Original submission

3 comments · 31 Oct 2020 – 18 Nov 2020

Referee 1 Reviewer

MINOR REVISION 31 Oct 2020

Greetings,
Thank you for your trust in me and for selecting me as a reviewer of this manuscript.
It was a good article, and I enjoyed reading it.

[Translated from Persian by the Brieflands editorial office.]

Referee 2 Reviewer

MAJOR REVISION 10 Nov 2020

The manuscript has numerous problems in terms of writing, and addressing and correcting them before publication is essential.

[Translated from Persian by the Brieflands editorial office.]

Editor-in-Chief

MAJOR REVISION 18 Nov 2020

Dear Professor, Dr. Hamzeh Ahma dian
Hello
Thanks for submitting your article entitled "Are the physical and psychological symptoms of postmenopausal women related to the severity of their insomnia?"
He hereby points out that this article needs to be amended. Attached are the expert opinions and the editorial board for your information. Please answer the following questions within two weeks and add the necessary explanations in the text of the article. Be sure to specify the corrected items and changes underline. The revised article will also be reviewed. It should be noted that if you do not respond in time, your article will be removed from the agenda.
Note - Please e-mail the modified article and reply through the site. Please edit the sources accurately and completely based on the format of the magazine and Pub med. The full names of the authors, their affiliation along with the address, telephone and e-mail of the responsible author should be modified according to the format of the journal (Persian and English).
Expert opinion first
1- Title: Considering that this connection can be predicted based on scientific evidence, I suggest that the title not be written as a question. On the other hand, due to the two-way relationship between insomnia and symptoms, it is better not to mention the relationship unilaterally. In this title, the severity of menopausal symptoms is related to the severity of insomnia, while the severity of these symptoms causes the severity of insomnia, and vice versa.
2- Persian and English Abstract (Explanation: The abstract contains parts of the context, methods, findings and conclusions and a maximum of 250 words): The context should be written more briefly that menopause is associated with physical and psychological symptoms and insomnia. . Also, the question is wrong and, as explained in the title, the two-way relationship should be mentioned. In the method section, indicate the year of the study. It is also said that women referring to health centers in Kermanshah. I mean the city of Kermanshah or Kermanshah province. It should be mentioned.
Also, good sentences are not written. First statistical tests and then software. ANOVA was written using SPSS

and then Pearson correlation coefficient was written. The results show that 22 women had normal insomnia, which is wrong, in fact they did not have insomnia. The rest of the findings were written without statistical expression (correlation of physical and psychological symptoms, etc. with the severity of insomnia). The conclusion is also incomplete. It needs to be completed with another sentence, such as the need to pay attention to insomnia in postmenopausal women.
Literary writing is very poorly written in English and reduces the scientific value of the work. For example, being neurological is not a good equivalent to being nervous.

3. Keywords: The keywords are well selected.
4- Introduction: The first sentence of the introduction is written with documents to three references. That menopause is an inevitable period in a woman's life is an accepted scientific fact and does not require three references. The first sentence of this period is also critical and in the fourth line it is said that it is a natural stage of women's life. This kind of contradictory writing at the beginning of the introduction confronts the reader with a kind of boredom. It is better to write scientifically. Menopause is a natural stage in a woman's sex life that can be associated with crises.
At the end of the first paragraph, insomnia is mentioned and when it is defined in the last line, insomnia is mentioned.
Words need to be chosen scientifically and one-handed.
The last paragraph is not well written. The possible causes of insomnia in menopause, which are separate from the problem of aging, have not been mentioned, and the question of the relationship between menopausal symptoms and insomnia has been raised unilaterally and hastily, which can not be a good justification for the need for research.
5- Materials and methods: In the execution method, the entry and exit criteria should be written more carefully. For example, the use of sleeping pills should be written as an exclusion criterion.
What did the demographic information questionnaire include?
Data were analyzed using the Kolmogorov-Smirnov test, but no mention was made of which variables had a normal distribution and which did not. The results refer to the post hoc test, which post hoc test was used.

6- Findings: Relatively well written
7- Discussion: It is relatively well written. In the discussion, the bilateral relationship has been mentioned. As mentioned before, it is necessary to pay attention to this bilateral relationship in the whole text of the article and in the necessity of conducting a study. The main point in the discussion is that it is not well concluded that insomnia should be considered as a disorder is a key point but it is necessary to explain its clinical application in postmenopausal women and the performance of gynecologists.

8- Conclusion: It is incompletely written. It is better to add a suggestion for further research or use these results in the clinic.
9- Sources: Well written.
*No reference is made to ethical considerations or the code of ethics. It needs to be added.
Second expert opinion:
1- It is better to explain some about the background
2- The results and applications of the research should be stated at the end.
3- Write a more coherent abstract.
4- Ethical considerations and how to observe them should be mentioned.
5- Express the response rate to the questionnaires.
6- How to get the cooperation of the subjects?

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Revision 1

AUTHORS' RESPONSE TO REVIEWERS

Authors' reply to reviewers

The next pages contain the authors' point-by-point reply to the comments of this revision round, as submitted with the revised manuscript. It is published as the authors wrote it.

Dr. Alireza Janbakhsh

Respected Editor-in-Chief of the Journal of Kermanshah University of Medical Sciences
Greetings,
With thanks for reviewing our article entitled "Are the Physical and Psychological Symptoms of Postmenopausal Women Associated with the Severity of Their Insomnia?", we respectfully inform you that the article has been revised according to the comments of the respected reviewers. The revised article is submitted herewith.

Reviewer 1:

1. **Title: Since this relationship can be predicted on the basis of scientific evidence, I suggest that the title not be written in the form of a question. On the other hand, given the bidirectional relationship between insomnia and the symptoms, it is better not to present the relationship as unidirectional. In this title, the severity of menopausal symptoms is related to the severity of insomnia, whereas the severity of these symptoms causes the severity of insomnia and vice versa. (Revised: The Relationship Between the Severity of Physical and Psychological Symptoms and the Severity of Insomnia in Postmenopausal Women)**
2. **Persian and English abstracts (Note: the abstract contains Background, Methods, Results and Conclusion sections and is a maximum of 250 words): The background should be written more briefly, stating that menopause is accompanied by physical and psychological symptoms and insomnia. Also, the research question was framed incorrectly and, as explained regarding the title, the bidirectional relationship should be mentioned. In the Methods section, the year in which the study was conducted should be mentioned. It is also stated that the women attended health centers of Kermanshah; whether the city of Kermanshah or Kermanshah Province is meant needs to be specified. In addition, the sentences are not well written: first the statistical tests and then the software. It is written that ANOVA was used with SPSS, and then that the Pearson correlation coefficient was used. In the results, it is written that 22 women had "normal insomnia", which is incorrect; in fact, they did not have insomnia. The rest of the findings are also written without statistical expression (the relationship of physical and psychological symptoms, etc., with insomnia severity). The conclusion is also incomplete and needs to be completed with another sentence, such as the necessity of paying attention to insomnia in postmenopausal women.**
   The English writing is very weak and reduces the scientific value of the work; for example, "being neurological" is not an appropriate equivalent for being nervous or "nervousness". (Thank you; all of the points mentioned were corrected.)
3. **Keywords: The keywords have been well chosen.**
4. **Introduction: The first sentence of the introduction is written with citation of three references. That menopause is an inevitable period in women's lives is an accepted scientific fact and does not need three references. Also, the first sentence describes this period as critical, while the fourth line states that it is a natural**

stage of women's lives. This kind of contradictory writing at the beginning of the introduction puts the reader off. It is better to write it scientifically: menopause is a natural stage in women's reproductive life that may be accompanied by crises.
At the end of the first paragraph insomnia is mentioned, and when it is defined in the last line, "reduced sleep" is used. The terms need to be scientific and consistent. The last paragraph is not well written. The possible causes of insomnia during menopause, apart from the issue of aging, are not stated, and the question of the relationship between menopausal symptoms and insomnia is raised in a unidirectional and hasty manner, which cannot be a good justification for the necessity of conducting the research. (Thank you; all of the points mentioned were corrected.)

5. **Materials and Methods: In the procedure, the inclusion and exclusion criteria should be written more precisely; for example, the use of sleep-inducing (hypnotic) medications should also be listed as an exclusion criterion. What items did the demographic information questionnaire include?**
   In the data analysis, it is stated that the Kolmogorov-Smirnov test was used, but it is not mentioned anywhere which variables had a normal distribution and which did not. In the results, a post hoc test is mentioned; which post hoc test was used? (Thank you; all of the points mentioned were corrected.)
6. **Results: Relatively well written.**
7. **Discussion: Relatively well written. The bidirectional relationship is mentioned in the discussion; as stated earlier, this bidirectional relationship needs to be taken into account throughout the article and in the rationale for conducting the study. The main point about the discussion is that it is not well summarized. That insomnia should be considered a disorder is a key point, but an explanation of its clinical application in postmenopausal women and in the practice of gynecologists is needed. (Thank you; all of the points mentioned were corrected.)**
8. **Conclusion: Incompletely written. It would be better to add suggestions for future research or for the use of these results in clinical practice. (Added.)**
9. **References: Well written.**
10. **No mention is made of ethical considerations or the ethics code. This needs to be added. (Added.)**

Reviewer 2:

1. It would be better to explain the background somewhat more. (Revised.)
2. The results and applications of the research should be stated at the end. (Added.)
3. The abstract should be written more coherently. (Revised.)
4. The ethical considerations and how they were observed should be stated. (Added.)
5. The response rate to the questionnaires should be stated. (Added.)

6. How was the cooperation of the participants obtained? (Added.)

[Translated from Persian by the Brieflands editorial office.]

2 Revision 1

0 comments

No public comments in this round.