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OPEN PEER REVIEW

The Experiences of Self-Care Behaviors in Patients with Essential Hypertension: A Qualitative Content Analysis

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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

2 comments · 19 Nov 2024 – 22 Nov 2024

Seyed Alireza Hasani Reviewer

MINOR REVISION 19 Nov 2024

In the name of God,

Dear Editor of the esteemed Journal of Nursing & Midwifery Sciences,

I would like to express my sincere gratitude for selecting me as a reviewer for the manuscript titled "Yo-yo-like self-care behaviors in primary hypertensive patients: A qualitative content analysis." Based on my review, I recommend the following points to enhance the quality of the manuscript. In my opinion, addressing these issues will improve its chances of acceptance, as it addresses an important subject (minor revisions).

Introduction
1. What is meant by "Primary hypertensive"? The introduction needs to be revised.
2. Please elaborate more on self-care and its aspects, including the consequences of lacking self-care and potential solutions.
3. The necessity and significance of the study should be explained in greater detail.

Findings
1. The theme "Smoking screening" requires revision, as the quotes do not align with the theme.

Discussion and Conclusion
1. Regarding the suggested interventions, please specify several interventions that could enhance self-care in these individuals.
2. Recommendations for future research should be articulated.
3. The format of Table 1 differs from that of Table 2; please revise according to the journal's format.
4. Paragraphing throughout the manuscript needs to be corrected.

thank you so much

Referee 1 Reviewer

MAJOR REVISION 22 Nov 2024

Dear author
You chose a good topic. In order to accept your manuscript, you must make the following corrections:
1. The title of the article should be corrected. Yo-yo self-care behaviors should not be included in the title. It is suggested that a more appropriate term, such as unstable or fluctuating self-care behaviors, be used.
In addition, yo-yo self-care behaviors are one of the results of this research, so it is not appropriate to include them in the title of the study.
Abstract
2. In methods: How were the data collected? Were the interviews recorded and transcribed?
3. Modify the keywords according to MeSH: Essential Hypertension, Qualitative Research.
Background
4. The explanation in the background section is good, but it needs to be strengthened. Explain the problem of self-care behaviors. The rationale for using qualitative research in this study should also be explained.
Methods
5. In a separate item, ethical considerations, including informed consent, the ethics committee code, etc., should be explained.

6. How were patients with primary blood pressure diagnosed, and who made the diagnosis?
7. The location of the interviews should be mentioned.
Results
8. In table 2, the columns should be modified to read from left to right (as in English).
Discussion
9. The discussion needs strengthening. In order to enrich the discussion, the possible reasons for the instability of self-care behaviors should be explained by referring to more references. The instability of patients' self-care behaviors may be due to their old age and disappointment about their future lives. It may be due to their being male, being busy, having low economic status, and so on. Also, the instability of patients' behavior should be explained according to behavioral theories.
10. In conclusion, educational recommendations are important. Also, it is very important to emphasize the establishment of consulting centers in this field.

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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.

Dear editor and reviewers of the Journal of Nursing and Midwifery Sciences

Thank you for your comments on the manuscript entitled “Fluctuating self-care behaviors in primary hypertensive patients: A qualitative content analysis” (Manuscript ID: 158097)

We have considered your comments and incorporated them into the manuscript point by point as follows. The changes are highlighted in color.

We believe that the comments have been highly constructive and very useful to restructure the manuscript. We hope that all these changes fulfill the requirements to make the manuscript acceptable for publication in Nursing and Midwifery Sciences. We look forward to hearing from you.

Yours sincerely

Corresponding author

Response to reviewers' comments:

Reviewer #1:

You chose a good topic. In order to accept your manuscript, you must make the following corrections:

1-The title of the article should be corrected. Yo-yo self-care behaviors are not appropriate to be in the title. It is suggested to use a more appropriate term such as unstable or fluctuating self-care behaviors.
In addition, yo-yo self-care behaviors are one of the results of this research, so it is not appropriate to include them in the title of the study.

Response: **We would like to thank you for your sagacious comments. Title of the manuscript corrected based on the respected reviewer’s comment.**

2. In methods: How was the data collected? Were the interviews recorded and transcribed?

Response: It is mentioned in abstract that data were collected by individual, semi-structured, in-depth interviews. Also, These interviews were recorded and transcribed from the audio data. This information included in both method section of the abstract and the main text. (Page 4, Line 120--122)

3. Modify the keywords according to the mesh. Essential Hypertension, Qualitative Research

Response: Keywords modified according to Mesh.

4. The explanation of the background section is good, but it needs to be strengthened. Explain the problem of self-care behaviors. It should also be explained about the indication of qualitative research in this study.

Response: An effort was made to provide a stronger background. The self-care behavior problems of hypertensive patients were further explained (Page 2, Line 63--72) **and the rationale for conducting a qualitative study was also included.** (Page 3, Line 77--81)

5. In a separate item, ethical considerations including informed consent, ethics committee code, etc. should be explained.

Response: Ethical considerations were included as a separate item in the method section. (Page 4, Line 144--150)

6. How was the diagnosis of patients with primary blood pressure and who did it?

Response: Patients included in the study had history of essential hypertension for at least one year, diagnosed by a cardiologist or nephrologist. Inclusion criteria revised based on the respected reviewer's comment. (Page 3, Line 100--102)

7. The location of the interviews should be mentioned.

Response: The location of interviews mentioned and highlighted in the method section. (Page 3, Line 108--109)

8. In table 2, the columns should be modified from left to right (based on English language).

Response: Columns of table 2 modified from left to right.

9. The discussion needs strengthening. In order to enrich the discussion, the possible reasons for the instability of self-care behaviors should be explained by referring to more references. The instability of self-care behaviors of patients may be due to their old age and disappointment in their future life. It may be their gender being male and their being busy, their low economic status and... Also, the instability of patients' behavior should be explained according to behavioral theories

Response: An effort was made to provide a stronger discussion. The Health Belief Model was used to explain the self-care behaviors of patients. Also possible reasons for instability in self-care behaviors were explained based on more references. (Page 9, Line 303--311)

10. In conclusion, educational recommendations are important. Also, the establishment of consulting centers in this field is very important to be emphasized.

Response: Educational recommendations included in conclusion. Also importance of consulting for these patients emphasized. (Page 11, Line 390--395)

Reviewer #2:

I would like to express my sincere gratitude for selecting me as a reviewer for the manuscript titled "Yo-yo-like self-care behaviors in primary hypertensive patients: A qualitative content analysis." Based on my review, I recommend the following points to enhance the quality of the manuscript. In my opinion, addressing these issues will improve its chances of acceptance, as it addresses an important subject (minor revisions*).*

1. What is meant by "Primary hypertensive"? The introduction needs to be revised.

Response: We would like to thank you for your sagacious comments. According to MeSH terms, primary hypertension revised as essential hypertension. Essential (primary) hypertension definition included in introduction. (Page 2, Line 38-39)

2. Please elaborate more on self-care and its aspects, including the consequences of lacking self-care and potential solutions

Response: Consequences of poor self-care behaviors were included in background. (Page 2, Line 70-72). **Potential solutions may involve understanding self-care behaviors from the patients' perspective and experiences in line with the cultural context, health beliefs, and norms of a society. Interventions based on these finding can then be implemented .These potential solutions are listed in the background.** (Page 3-2, Line 73--81)

3. The necessity and significance of the study should be explained in greater detail.

Response: In order to clarify the necessity of conducting the study, an attempt was made to more clearly express the challenges of self-care behaviors among hypertensive patients in Iran by including related studies. The necessity of conducting qualitative studies was also emphasized to properly understand these behaviors. (Page 2, Line 66--72) & (Page 3, Line 77--81)

4. The theme "Smoking screening" requires revision, as the quotes do not align with the theme

Response: Theme revision done. (Page 8, Line 268)

5. Regarding the suggested interventions, please specify several interventions that could enhance self-care in these individuals

Response: Interventions such as emphasizing patient education on the importance of adhering to self-care even when feeling healthy, as well as providing counseling sessions to address patients' emotions, were added to conclusion.

6. Recommendations for future research should be articulated.

Response: Recommendations for future research added to conclusion. (Page 11, Line 390--395)

7. The format of Table 1 differs from Table 2; please revise according to the journal's format

Response: The format of tables revised according to the guidelines of journal.

8. Paragraphing throughout the manuscript needs to be corrected.

Response: Paragraphing throughout the manuscript revised.

Reviewer #3:

The authors are thanked for addressing this valuable topic. Suggestions to improve the quality of the manuscript have been made, and the comments are provided in the attached file.

1. The title of the article should be corrected. Yo-yo self-care behaviors are not appropriate to be in the title. It is suggested to use a more appropriate term such as unstable or fluctuating self-care behaviors.
   In addition, yo-yo self-care behaviors are one of the results of this research, so it is not appropriate to include them in the title of the study.

Response: We would like to thank you for your sagacious comments. Title of the manuscript corrected based on the respected reviewer's comment.

2. How was the data collected? Were the interviews recorded and transcribed?

Response: It is mentioned in abstract that data were collected by individual, semi-structured, in-depth interviews. Also, these interviews were recorded and transcribed from the audio data. This information included in both method section of the abstract and the main text. (Page 4, Line 120--122)

3. Please modify the keywords according to the mesh. Essential Hypertension, Qualitative Research

Response: Keywords modified according to Mesh.

4. The explanation of the background section is good, but it needs to be strengthened. Explain the problem of self-care behaviors. It should also be explained about the indication of qualitative research in this study.

Response: An effort was made to provide a stronger background. The self-care behavior problems of hypertensive patients were further explained (Page 2, Line 63--72) **and the rationale for conducting a qualitative study was also included.** (Page 3, Line 77--81)

5. What is meant by "Primary hypertensive"? please explain it briefly.

Response: Essential (primary) hypertension definition included in introduction. (Page 2, Line 38-39)

6. Please elaborate more on self-care and its aspects, including the consequences of lacking self-care and potential solutions.

Response: Consequences of poor self-care behaviors were included in background. (Page 2, Line 70-72). Potential solutions may involve understanding self-care behaviors from the patients' perspective and experiences in line with the cultural context, health beliefs, and norms of a society. Interventions based on these finding can then be implemented .These potential solutions are listed in the background. (Page 3-2, Line 73--81)

7. The introduction needs to be revised. The necessity and significance of the study should be explained in greater detail. Also, explain why you conducted this study as a qualitative research?

8. **Response: In order to clarify the necessity of conducting the study, an attempt was made to more clearly express the challenges of self-care behaviors among hypertensive patients in Iran by including related studies. The necessity of conducting qualitative studies was also emphasized to properly understand these behaviors.** (Page 2, Line 66--72) & (Page 3, Line 77--81)

9. In a separate item, ethical considerations including informed consent, ethics committee code, etc. should be explained

Response: Ethical considerations were included as a separate item in the method section. (Page 4, Line 144--150)

10. How was the diagnosis of patients with primary blood pressure and who did it?

Response: Patients included in the study had history of essential hypertension for at least one year, diagnosed by a cardiologist or nephrologist. (Page 3, Line 100--102)

11. The location of the interviews should be mentioned.

Response: The location of interviews mentioned and highlighted in the method section. (Page 3, Line 108--109)

12. The theme "Smoking screening" requires revision, as the quotes do not align with the theme.

Response: Theme revision done. (Page 8, Line 268)

13. The discussion needs strengthening. In order to enrich the discussion, the possible reasons for the instability of self-care behaviors should be explained by referring to more references. The instability of self-care behaviors of patients may be due to their old age and disappointment

in their future life. It may be their gender being male and their being busy, their low economic status and... Also, the instability of patients' behavior should be explained according to behavioral theories.

Response: An effort was made to provide a stronger discussion. The Health Belief Model was used to explain the self-care behaviors of patients. Also possible reasons for instability in self-care behaviors were explained based on more references. (Page 9, Line 303--311)

14. Why was this considered a limitation? In qualitative research, determining the interview location is determined based on participant's preferences.

Response: Patients were initially reluctant to be interviewed at health centers, but this issue was resolved by conducting interviews at their homes. Therefore, according to the respected reviewer comment, this is not a limitation. As a result, the limitation of this study was revised. We concluded that a potential limitation of the study could be the lack of generalizability of the results due to its focus on only one province. (Page11, Line 379--380)

15. In conclusion, educational recommendations are important. Also, the establishment of consulting centers in this field is very important to be emphasized

Response: Educational recommendations included in conclusion. Also importance of consulting for these patients emphasized. (Page 11, Line 392--395)

16. Regarding the suggested interventions, please specify several interventions that could enhance self-care in these individuals.

Response: Interventions such as emphasizing patient education on the importance of adhering to self-care even when feeling healthy, as well as providing counseling sessions to address patients' feelings and emotions, were added to conclusion. (Page 11, Line 392--395)

17. Recommendations for future research should be mentioned

Response: Recommendations for future research added to conclusion. (Page 11, Line 390--395)

18. The format of Table 1 differs from Table 2; please revise according to the journal's format

Response: The format of tables revised according to the guidelines of journal.

19. Why did you report the age range and not the age number itself?

Response: Age range revised to age number in Table 1.

20. Please write the reference according to the journal format.

Response: References revised according to journal format.

Reviewer Assistant Comments:

Minor Comments:
- The abstract could benefit from a brief mention of the theoretical framework or rationale for choosing the Elo and Kyngas (2008) method for data analysis.
- While the results are well-organized, a brief explanation of how the categories and subcategories were derived could enhance clarity.

Overall, the abstract is well-structured and provides a comprehensive overview of the study, its methods, and findings.

Response: Due to word limitations in the abstract section, the full explanation is provided in the methods section. (Page 4, Line 124--133)

2 Revision 1

0 comments

No public comments in this round.