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OPEN PEER REVIEW

The Effectiveness of the Stepping-On Fall Prevention Program on the Quality of Life, Fear of Fall, and Fall-Preventive Behaviors Among Community-Dwelling Older Adults: A Randomized Clinical Trial

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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

1 comment · 6 Jan 2021

Associate Editor

MAJOR REVISION 6 Jan 2021

Dear Authors
Thank you for submitting your manuscript entitled "The Effectiveness of the Stepping-On Fall Prevention Program on the Quality Of Life, Fear of fall, and Fall-Preventive Behaviors among Community-Dwelling Older Adults" to SeMJ. According to the reviewers, your manuscript needs some revisions to the methodology. Other revisions have been mentioned in the attached file.
Kindest regards
SE

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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.

Hi dear reviewer

In regard with manuscript with title: “The Effectiveness of the Stepping-On Fall Prevention Program on the Quality Of Life, Fear of fall, and Fall-Preventive Behaviors among Community-Dwelling Older Adult” with manuscript id 109363.
According to the reviewers comments, the necessary changes and correction were made.
Comments:

1.Included type of the study at the end of title.
- Added
2. In abstract in results part exact P-value is reported.
-The actual P value was reported
3. random sampling is described.
Assigning individuals to the groups was carried out through block randomization method with Block size 4. Through six possible combinations one was selected at random and the four participates were assigned accordingly. This process was repeated until all the samples were included and the sampling sequence was recorded in sample table. According to this table, all of the participants were divided into the groups.

4. Described random allocation procedure step by step.
-Described in detail

5. Describe “impact factor” in sample size calculation(effect size mean difference between two group)
-Described
6. In the Falls Efficacy Scale, the minimum (16)and maximum score (scoring corrected and described
Corrected accordingly and highlighted in paper

7. Reliability and validity of 0.84 according to Cronbach's alpha
- corrected and described

8. Describes face, content and construct validity of fall behavioral scale in Persian
To utilize FBS scale in Iranian culture, the scale was translated into Persian and retranslated by experts to be applied in the present study. In order to check the face and content validity of the scale, the Persian version of the questionnaire was given to 6 nursing faculty members in the field of geriatrics and psychiatric nursing. After confirming the translation, the questionnaire was distributed and completed among small samples (30 people) of the elderly and its possible corrections were considered (Cronbach's alpha coefficient was 0.90).

9. Who about blinding? Who and how was blind?
Also, in this study, one-sided blinding was performed for participants. Therefore, each group was unaware of the intervention performed in the other group.

10. What do you mean by “mixed within-between ANOVA”?
repeated measures analysis of variance

11. **exact P-value in the results section**
- Reported

12. RCT flowchart.
-Displayed

13. sample size In Table 2.
Analyzed and Corrected

Thank you for your valuable comments.

Best regard
Corresponding author

2 Revision 1

0 comments

No public comments in this round.

3

Revision 2

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.

Hi dear reviewer

In regard with manuscript with title: “The Effectiveness of the Stepping-On Fall Prevention Program on the Quality Of Life, Fear of fall, and Fall-Preventive Behaviors among Community-Dwelling Older Adult” with manuscript id 109363.
According to the reviewers comments, the necessary changes and correction were made.
Comments:
Reviewer 1:

1. Describe random sampling in details.
It was described in the paaper as follows:
Samples were chosen in stages. In the first, we identified two health centers (Shahid Motahari and Imam Reza Clinic) through a simple random sampling procedure. Afterward, 100 elderly people who referred to the elderly clinic and *Family Physician* (FP) of these clinics for routine follow-up were enrolled into the study. However, 7 subjects did not meet the inclusion criteria and 3 person refused to take part in the study. Finally, 90 subjects who were recruited in the study by using the convenience sampling method, were randomly divided into intervention (n=45) and control (n=45) groups .Assigning individuals to the groups was carried out through block randomization method with Block size 4. Through six possible combinations one was selected at random and the four participates were assigned accordingly. This process was repeated until all the samples were included and the sampling sequence was recorded in sample table. According to this table, all of the participants were divided into the groups. It should be noted that during the training sessions and follow-up time, none of the participants were excluded from the study (Figure 1).

2. Effect size is not mean difference between two groups.
It was described in the paaper as follows:
effect size (the intensity of the association between two variables)

3. How about face, content and construct validity of fall behavioral scale in Persian?
It was described in the paaper as follows:
To utilize FBS scale in Iranian culture, the scale was translated into Persian and retranslated by experts to be applied in the present study. The content validity of the scale was determined by quantitative and qualitative methods using content validity index (CVI) and content validity ratio (CVR) by 10 professors in the field of instrumentation, geriatrics and psychiatric nursing of Shiraz University of Medical Sciences as a panel of experts. Items with CVR s greater than 0.62 (minimum value of CVR in the Lavoshe table for 15 specialists) and CVI more than 0.8 was preserved. Accordingly, no item was deleted in this scale. After that, the questionnaire was distributed and completed among small samples (30 people) of the elderly and its possible corrections were considered (Cronbach's alpha coefficient was 0.90). However, due to time constraints, the construct validity of this scale was not examined.

4. Who about blinding? Who and how was blind?
It was described in the paaper as follows:

The participants were unaware of the randomization process and the group they belonged to during the study, making the study single blinded.

Thank you for your valuable comments

Best Regard

3 Revision 2

1 comment · 1 Jun 2021

Associate Editor

ACCEPT 1 Jun 2021

Dear Authors
I am pleased to inform you that the manuscript entitled "The Effectiveness of the Stepping-On Fall Prevention Program on the Quality Of Life, Fear of fall, and Fall-Preventive Behaviors among Community-Dwelling Older Adults: A Randomized Clinical Trial" has been accepted for publication in SeMJ. Please follow the rules for the rest of the process.
Kindest Regards
Editorial team