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OPEN PEER REVIEW

The Effect of the Benson Relaxation Technique on the Quality of Sleep and Working Life of Surgical Technologists in Shiraz

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1 Original submission

0 comments

No public comments in this round.

2

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.

Point-by-point response to reviewers' comments

Thank you for your offer to revise and resubmit this manuscript for consideration for publication in Shiraz E medical Journal. We appreciate the detailed thoughtful comments made by the reviewers. We tried to fully address all the reviewers' comments in a manner that we hope will be satisfactory to them. Revisions have been highlighted in yellow. The reviewers' comments and the responses have been listed below:

Reviewer 1

The Benson technique should be explained.

With thanks to you, respected Reviewer, all steps of the Benson technique are fully explained in 18 lines in the Procedure section on page 7. These explanations are given below.

During the training sessions, the participants were in very comfortable positions and music was played to cover the noise that came from outside. The relaxation technique was started while the participant was in a supine or sitting position. The Benson relaxation technique for each patient individually was carried out for 20 minutes. The patient must (1) be in a relaxed sitting position, (2) close his eyes, (3) relax all his muscles beginning at his feet and progressing up to his face followed by relaxing all body parts, (4) respirate through his nose, (5) listen to his breathing sound, (6) tell the word "one" or "God" silently to himself while exhaling(30, 31), and continue for 20 minutes. Music was played back for 20 minutes and there was no need to set alarm clocks to indicate the end of the performance. When the music finished, the eyes remained closed for a few minutes and then they were opened. The participants sat there for a few minutes and then slowly rose. At the end of the training session, participants were given a daily schedule to record their trainings. It was emphasized that the relaxation training should be done regularly twice per day for 4 weeks and the interval between each relaxation training should be 4 to 6 hours. The trained surgical technologist was in touch with the experimental group through text messages and/or phone calls to make sure that they have used the technique properly.

The necessity of conducting the study should be explained.

With thanks, the necessity of conducting the study is explained in the Introduction, pages 2-3. These explanations are given below.

> QWL influences nurses' performance as well as quality of patient care by nurses(11). Therefore, improvements in QWL of nurses may have beneficial results for employees, hospitals, and patients(11). There is a need to promote effective programs to improve the quality of sleep and working life among surgical technologists in the surgery wards.
>
> .....However, no evidence has been found regarding the impact of Benson relaxation technique on the sleep quality and QWL in surgical technologists. Considering the evaluate the Benson relaxation method effect on sleep quality and QWL in this group of nurses.

Nurses from which hospitals were they?

They were surgical technologists from hospitals affiliated with Shiraz University of Medical Sciences. This is explained in the Methods section (study design), page 4, lines 3 to 5. These explanations are given below.

….. surgical technologists who worked as scrub nurse and circular nurse for surgical interventions in the operation rooms of nine hospitals affiliated to Shiraz University of Medical Sciences.

Write the Discussion section with recent studies and a justification for each of the variables.

With thanks to you, dear Reviewer: in the Discussion section, first, in the second paragraph, a brief description of poor sleep quality in nurses was given, with 3 references. Then, in the third

paragraph, the results obtained regarding sleep quality and the consistent results of other studies were addressed in 9 lines, with 10 valid references. It should be noted that 2 references were added by the authors in this part. In the fourth paragraph, this finding was fully justified in 12 lines, and the authors added 2 more references. In other words, in total about 25 lines are devoted solely to explaining the sleep quality results, their justification, and studies related to "sleep quality". The same applies to the work quality finding.

Reviewer2:

-Abstract: The study is a quasi-experiment study.

As it is clear from the IRCT code (IRCT20100919004775N12), the present study has been accepted in the Iranian Registry of Clinical Trials as a randomized clinical study. This study has all three criteria required for RCTs:

1. Performing the intervention

2. Existence of control group and,

3. Random assignment or randomization

Also, the study has been reported in accordance with the CONSORT statement that offers guidance for the transparent reporting of randomized controlled studies.

-Introduction: -quality of working life (WRQoL): Please revise the abbreviation word and related terminology.- QWL Please revise the abbreviation word

Thank you. We revised it throughout the manuscript**.**

-Methods: randomized controlled

This study has not been designed as a randomized controlled trial

As told, this is a registered randomized controlled trial with a code of IRCT20100919004775N12. This study has all three criteria required for RCTs:

1. Performing the intervention

2. Existence of control group and,

3. Random assignment or randomization

-Please define the city of study Shiraz or Kashan?

Shiraz was the location of the study. We added information about the location of the study (Please see page 4, line 5).

-Please define the population of study correctly? Were nurses or technicians?

The population of the study was surgical technologists who worked as scrub nurse and circular nurse for surgical interventions in the operation rooms of nine hospitals affiliated to Shiraz University of Medical Sciences (Please see page 4, participants).

-with ASc, BSc, and MSc degrees: Please define abbreviations

Thank you for your nice comment. We tried to clearly identify the abbreviations (Please see page 4, participants):

Our sample consisted of 180 surgical technologists with Associate (ASc), Bachelor (BSc) and Master (MSC) degrees.

- The score of more than or equal to 5 indicates QS, please correct the statement.

Thank you for your nice comment. It was corrected (Please see page 5, line 6):

The score of more than or equal to 5 indicates poor sleep quality, whereas a score of less than 5 indicates good sleep quality.

--Randomization: How about matching? How did you select the control group?

Did you select case and control from the same operation room? Please explain more about your randomization?

This study has been reported in accordance with the CONSORT statement that offers guidance for the transparent reporting of randomized controlled studies. We tried to clearly explain study design, study location, participants, inclusion and exclusion criteria, instruments, randomization, allocation concealment, contamination prevention, procedure, statistical analysis and ethical considerations. Please note that since random allocation usually causes participants in the intervention and control groups to be homogeneous, matching is not a necessary part of RCTs. In our study, as shown in Table 1, the participants were homogeneously assigned into two groups. Therefore, matching was not required. We tried to more explain about randomization, allocation concealment and contamination (Please see page 6, Randomization and Procedure).

-The operating room technologists were divided into two groups based on the simple Please revise the statement.

Thank you. This sentence was revised (Please see page 4, participants).

Associate Editor 1:

Please revise methodology in abstract it write specific.

Thank you. Methodology in abstract was revised (Please see page 1).

Also result in abstract completely revised.

Thank you. Results in abstract were revised (Please see page 1).

Please explain part of intervention that participants how to do Benson Relaxation technique after education please clarify specifically the duration of intervention ,its number per week ,duration of each technique. Because the Author describes more about how to train participants.

All of the above information was explained in Page7, Lines 6-22.

Please be careful whether positive impact is twice a week?

It was emphasized that the relaxation training should be done regularly twice per day for 4 weeks and the interval between each relaxation training should be 4 to 6 hours (please see page 7).

Be sure to refer to updated sources.

References 41,42.46,47 were added. Many of references were updated.

[Translated from Persian by the Brieflands editorial office.]

2 Revision 1

1 comment · 26 Oct 2021

Referee 1 Reviewer

ACCEPT 26 Oct 2021

Hello,
The revisions have been made and are approved.