

REVIEWER'S REPORT

Manuscript No.: IJAR-56911

Title: A Study To Assess The Effectiveness Of Foot Reflexology Therapy On Blood Glucose Control Among Patients With Type2 Diabetes Mellitus In Selected Hospital At Coimbatore : A Quasi Experimental Study.

Recommendation:

Accept as it is

Accept after minor revision.....

Accept after major revision

Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair	Poor
Originality		Good		
Techn. Quality	Excellent			
Clarity	Excellent			
Significance	Excellent			

Reviewer's ID: Dr. Sumathi

Detailed Reviewer's Report

1. Foot reflexology is a therapeutic technique applying pressure to specific points on the feet, which are believed to correspond to organs and systems throughout the body. It promotes relaxation, reduces stress, and may help manage pain and improve overall well-being. Sessions usually cost \$40-\$90 per hour, with potential minor side effects like lightheadedness.
2. Type 2 diabetes mellitus is a chronic metabolic disorder characterized by insulin resistance and relative insulin deficiency, leading to high blood sugar (hyperglycemia). It accounts for ~90% of diabetes cases, often linked to obesity and inactivity. Management focuses on lifestyle changes (diet, exercise) and medications, including metformin or insulin, to manage blood sugar and prevent long-term complications like cardiovascular disease and kidney damage.
3. Blood glucose, or blood sugar, is the body's primary energy source derived from food, regulated by insulin to enter cells. A normal fasting blood sugar level is 99 mg/dL or lower, with 100–125 mg/dL

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indicating prediabetes. High levels (hyperglycemia) cause fatigue and thirst, while low levels (hypoglycemia) cause shakes or dizziness.

4. A quasi-experimental study estimates the causal impact of an intervention on a target population without random assignment. It resembles a true experiment by manipulating an independent variable but uses pre-existing or non-randomized groups, often in real-world settings. These designs, such as non-equivalent groups or interrupted time series, are used when randomization is unethical or impractical.
5. Foot reflexology is a non-invasive, complementary therapy applying pressure to specific foot points to improve circulation, reduce stress, and promote relaxation. It effectively manages symptoms like pain, insomnia, anxiety, and digestive issues, while acting as a supportive, low-risk tool in palliative or cancer care.
6. Foot reflexology shows mixed results in controlling blood glucose for type 2 diabetes. While some studies show minimal or no significant difference in reducing fasting capillary blood glucose compared to controls, others indicate it may help reduce blood sugar levels and manage diabetic foot problems when used alongside standard care.
7. While foot reflexology shows potential as a complementary therapy to improve circulation and reduce stress, its direct impact on blood glucose control is still debated in scientific literature.
8. Key words are good but can be added more words.
9. Result part is awesome with tables and graphs.
10. Summary points must be included.
11. References are not sufficient. It can be added more with discussion points .
12. After those changes good to publish in your journal.