

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 Type 2 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		✓		
Techn. Quality		✓		
Clarity		✓		
Significance	✓			

Reviewer Name: Dr S. K. Nath

Detailed Reviewer's Report

Strengths of the Study:

- **Relevance:** Addresses a significant health concern management of blood glucose in type 2 diabetes mellitus using a complementary therapy.
- **Originality:** Focuses on the specific application of foot reflexology therapy within a hospital setting in Coimbatore, contributing localized insights.
- **Methodology:** Utilizes a quasi-experimental pre-test and post-test control group design, which is appropriate to evaluate intervention effectiveness.
- **Data Quality:** Clear presentation of quantitative data, including pre- and post-intervention blood glucose levels, with statistical analysis applied.
- **Contribution:** Demonstrates potential benefits of foot reflexology as a non-invasive adjunctive therapy, which could influence practice in similar clinical settings.

Weaknesses of the Study:

- **Sample Size:** Limited to 60 participants, which may affect the generalizability and statistical power of findings.
- **Sampling Technique:** Utilizes purposive sampling, which may introduce selection bias.
- **Randomization:** Lack of randomization details reduces confidence in the comparability of the groups.
- **Details of Intervention:** Insufficient description of the reflexology protocol (e.g., duration, pressure points, frequency).
- **Follow-up:** No long-term follow-up to assess sustainability of blood glucose control.
- **Statistical Analysis:** Limited details provided about statistical methods, assumptions checked, and whether data distribution was assessed.
- **Ethical Considerations:** No mention of ethical clearance or informed consent process.
- **Language and Presentation:** Some grammatical and typographical errors, inconsistent formatting, and repetitive phrasing detract from clarity.
- **References:** Few recent or high-impact references, and some bibliographical details are incomplete or inconsistent.

International Journal of Advanced Research

Publisher's Name: Jana Publication and Research LLP

www.journalijar.com

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Reviewer Comments:

- **Title and Abstract:** The title is descriptive but somewhat lengthy. The abstract succinctly summarizes the study but would benefit from clearer articulation of the methodology and explicit mention of statistical significance. The abstract should also mention ethical procedures.
- **Introduction and Objectives:** Well contextualized, citing current issues in diabetes management. Clear objectives are articulated; however, the rationale for choosing foot reflexology over other complementary therapies could be strengthened.
- **Methodology:** The design is appropriate, but more detail is needed about the reflexology protocol specifically, the points stimulated, duration and frequency of sessions, and who administered the therapy. Clarification on ethical approval and consent processes is required.
- **Statistical Analysis:** Use of t-tests seems appropriate to compare pre- and post-intervention means, but assumptions (normality, variance) need validation. Details on how variables were checked or adjusted for confounders are absent.
- **Results and Discussion:** Results are clearly presented with adequate tables. Nevertheless, the discussion should more critically analyze findings in the context of existing literature. The interpretation of the non-significant changes in the control group needs expansion.
- **Conclusion:** Supported by data, emphasizing the potential of foot reflexology. However, limitations should be explicitly acknowledged, especially regarding the sample size and study design.
- **Ethical Clearance:** No explicit mention of institutional review board approval or informed consent, which is a significant oversight.
- **Language:** Several grammatical errors, typographical issues, and inconsistent formatting are noted. These should be addressed for clarity and professionalism.
- **Tables and Formatting:** Most tables are clear but inconsistent formatting should be standardized. Proper numbering and labeling are necessary.
- **References:** The references include some outdated sources; inclusion of more recent studies and addressing citation completeness would enhance credibility.