Professor Huaping Liu
Editor-in-Chief
International Journal of Nursing Sciences

November 15nd, 2019

Dear Professor,

Let me introduce my name is Dr. Kelana Kusuma Dharma, I'm a lecturer of nursing school health polytechnic Pontianak (Politeknik Kesehatan Pontianak) Indonesia. Please consider the accompanying original research manuscript entitle "increasing in the healthy lifestyle and decreasing in stroke risk factors after the use of mobile-stroke risk scale and lifestyle guidance" for publication in International Journal of Nursing Sciences. In this paper, we describe the effect of mobile-stroke risk scale and lifestyle guidance (M-sisguide) in increasing the healthy lifestyle and decreasing stroke risk factors. All authors have read and approved the manuscript and take full responsibility for its content. The authors have no conflicts of interest in regard to this research or its funding. We also state that this submitted work not be submitted to other journals.

Best regards,

Dr. Kelana Kusuma Dharma, S.Kp., M.Kes
Departement of Medical Surgical Nursing
School of Nursing, Politeknik Kesehatan,
Kementerian Kesehatan Pontianak, Indonesia
Phone: +6281345989363
Email: kelana_dharma@yahoo.com

Successfully received: submission Increasing in the healthy lifestyle and decreasing in stroke risk factors after the use of mobile-stroke risk scale and lifestyle guidance for International Journal of Nursing Sciences

From: International Journal of Nursing Sciences (evisesupport@elsevier.com)

To: kelana_dharma@yahoo.com

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Ref: IJNSS_2019_609
Title: Increasing in the healthy lifestyle and decreasing in stroke risk factors after the use of mobile-stroke risk scale and lifestyle guidance
Journal: International Journal of Nursing Sciences

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From: Hongli Wang (International Journal of Nursing Sciences) (evisesupport@elsevier.com)

To: kelana_dharma@yahoo.com

Date: Tuesday, November 19, 2019, 11:57 AM GMT+7

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Journal: International Journal of Nursing Sciences

Dear Dr. Dharma,

Thank you for sending your manuscript to International Journal of Nursing Sciences. Before we can proceed with the review process of your manuscript we would like to ask you to address the comments listed at the end of this letter and resubmit your manuscript.

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I look forward to receiving your revised manuscript as soon as possible.

Kind regards,

International Journal of Nursing Sciences

Comments from the editors and reviewers:

1. Authors' details and institution should not appear in the manuscript, for example, at the part of 2.7 Ethical aspects and Funding.

2. It is suggested to use the following guideline to prepare your manuscript and submit as a supporting file.

Guidelines for reporting of health interventions using mobile phones: mobile health (mHealth) evidence reporting and assessment (mERA) checklist

 3. Some sentences need to be modified for similar to published articles. The crosscheck output was sent to you offline.
4. A checklist for authors was sent to you offline. Please check and submit as a supporting file.

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Your manuscript IJNSS_2019_609 has been sent for review

From: International Journal of Nursing Sciences (evisesupport@elsevier.com)

To: kelana_dharma@yahoo.com

Date: Friday, December 6, 2019, 03:35 PM GMT+7

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Reference: IJNSS_2019_609
Title: Increasing in the healthy lifestyle and decreasing in stroke risk factors after the use of mobile-stroke risk scale and lifestyle guidance
Journal: International Journal of Nursing Sciences

Dear Dr. Dharma,

I am currently identifying and contacting reviewers who are acknowledged experts in the field. Since peer review is a voluntary service it can take time to find reviewers who are both qualified and available. While reviewers are being contacted, the status of your manuscript will appear in EVISE® as 'Reviewer Invited'.

Once a reviewer agrees to review your manuscript, the status will change to 'Under Review'. When I have received the required number of expert reviews, the status will change to 'Ready for Decision' while I evaluate the reviews before making a decision on your manuscript.

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Decision on submission to International Journal of Nursing Sciences

From: International Journal of Nursing Sciences (em@editorialmanager.com)

To: kelana_dharma@yahoo.com

Date: Wednesday, February 26, 2020, 12:28 PM GMT+7

Manuscript Number: IJNSS_2019_609

Increasing in the healthy lifestyle and decreasing in stroke risk factors after the use of mobile-stroke risk scale and lifestyle guidance

Dear Dr Dharma,

Thank you for submitting your manuscript to International Journal of Nursing Sciences.

I have completed my evaluation of your manuscript. The reviewers recommend reconsideration of your manuscript following minor revision and modification. I invite you to resubmit your manuscript after addressing the comments below. Please resubmit your revised manuscript by Mar 27, 2020.

When revising your manuscript, please consider all issues mentioned in the reviewers' comments carefully: please outline every change made in response to their comments and provide suitable rebuttals for any comments not addressed. Please note that your revised submission may need to be re-reviewed.

To submit your revised manuscript, please log in as an author at https://www.editorialmanager.com/ijnss/, and navigate to the "Submissions Needing Revision" folder under the Author Main Menu.

International Journal of Nursing Sciences values your contribution and I look forward to receiving your revised manuscript.

Kind regards,

Editorial Office

International Journal of Nursing Sciences

Editor and Reviewer comments:

Every peer-reviewed research article appearing in this journal will be published open access. This means that the article is universally and freely accessible via the internet in perpetuity, in an easily readable format immediately after publication. To provide open access, an article processing charge (APC) of 1000 USD needs to be paid by the authors or on their behalf e.g. by their research funder or institution. This applies to accepted manuscript that submitted after July 1, 2019.

A checklist for manuscript preparation is attached. Please submit it as supporting file when you submit your revision.

If you have any queries, please contact the editor at cnaijnss3@163.com.

Reviewer #1: 1.   In the Method section, the authors didn't describe the sampling and statistical method clearly. For example, it is recommended that the patient's demographic information (including sex, age, gender, education level, etc) were briefly described in this section.
2.   Page 2 "We used the people at risk of stroke who met the eligibility criteria as a sample; have a risk of stroke in the category of moderate or severe". Please describe the eligibility criteria in detail and provide the related reference.
3.   There should be a reference for the souse of mobile-stroke risk scale and life style guidance in the section of Method (page3).
4.   When write the manuscript, it's better to use several paragraphs with a sentence to descript the key point.
5.   For the results, the authors didn't exhibit the descriptive statistics of patient characteristics. They are important and should be shown in the paper.
6.   In the paragraph, the authors can only use this number (such as ① ② ③…) without starting another line , or the another line should be started. So please check and correct (see page 4).
7.   Authors should comment on the weaknesses of work, if any.

8.   There are some grammatical errors, logical or case mistakes in the manuscript, please check and revise them.

Reviewer #2: This research is about using a technology tool (M-sisiguide) to increase healthy lifestyles and decrease stroke risk factors. It's an interesting topic and may be helpful to nursing practice. However, there are several major issues and minor issues need to be solved.
Introduction:
1.   Most information in the first paragraph is not necessary and it's better to integrate the first two paragraphs.
2.   There are several paragraphs about the characteristics of M-sisguide in the discussion section, which should be integrated into the introduction section. And the authors may need to point out information for M-sisguide is evidence-based, if applicable.
3.   What has been done in the related research field should be reviewed, and what's the difference between this study and others? This issue is important and needs to be addressed carefully.
Methods:
1.   "Setting and sample…We used the people at risk of stroke who met the eligibility criteria as a sample; have a risk of stroke in the category of moderate or severe, aged 40-65 years, never had a stroke before, not undergoing treatment due to chronic illness" (P2)
What's the measurement used to determine the risk of stroke in the category of moderate or severe? Please make it clear.
2.   "2.4.1 interveniton…with the M-sisguide website." (P3)
This paragraph is repeated with the introduction section.
3.   "We developed this application through the following stages; 1) Developing the M-sisguide workflow and its features" (P4)
Is the developing process evidence-based?
4.   "5) Testing the content validity of the application database by consulting with experts in the field of neuro science," (P4)
What're the criteria for experts in the field of neuro science?
5.   Intervention d. and f. were repetitive. (P4-P5)
6.   Intervention " g. If participants experience difficulties, they can communicate with researchers through the message features available in the application." (p5)
The researchers are clinical staff or research staff? Will this program continue after the research? It will be meaningful if this program can be integrated into current health practice and become a common practice.
7.   "Monitoring:
Monitoring is carried out in the fourth week of every month for 6 months (6 times monitoring). The researcher looked at participants' notes on the monitoring sheet." (P5)
Did the researchers give any feedback if they find some unusual information when they looked at participants' notes?
8.   "The control group obtained a manual book for a self-assessment of stroke risk, general information of stroke, and a healthy lifestyle to prevent stroke. Participants were taught how to use a manual book, including how to do a self-assessment of stroke risk and learn a healthy lifestyle from the manual book provided." (P5)
Is the information in the manual book the same as that in the M-sisiguide application?
9.   "We used the principle of double-blind measurement, the observers did not know in which group the measured samples are allocated and vice versa the selected samples also did not know in which group they are allocated." (P5)
How can the selected samples also did not know in which group they are allocated? ?Since they received the intervention, they can obviously know which group they are.
10． "Data analysis in this study was conducted using bivariate and multivariate tests… Multivariate analysis". (P6)
 What's the software used? The statistical methods should be more specific. Is the parametric statistical method or non-parametric statistical method used? Have the authors considered the data distribution and other conditions to choose a specific statistical method?
Discussions:
1.   There are too many discussions about the M-sisguide itself, which is not necessary. The discussion should focus on the findings of the research.
2.   Please point out the limitations and strengths of the research.
3.   It may better to discuss the utility and generalization of M-sisguide after discussing findings during this research instead of discussing the utility and generalization of M-sisguide first.
References:
1.   The references for recent three years are rare, please added some latest researches in this field.

More information and support

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For further assistance, please visit our customer service site: https://service.elsevier.com/app/home/supporthub/publishing/. Here you can search for solutions on a range of topics, find answers to frequently asked questions, and learn more about Editorial Manager via interactive tutorials. You can also talk 24/7 to our customer support team by phone and 24/7 by live chat and email.

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64.5kB

Submission to International Journal of Nursing Sciences - manuscript number

From: International Journal of Nursing Sciences (em@editorialmanager.com)

To: kelana_dharma@yahoo.com

Date: Tuesday, March 24, 2020, 01:58 PM GMT+7

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Manuscript Number: IJNSS_2019_609R1
Increasing in the healthy lifestyle and decreasing in stroke risk factors after the use of mobile-stroke risk scale and lifestyle guidance

Dear Dr Dharma,

Your above referenced submission has been assigned a manuscript number: IJNSS_2019_609R1.

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From: International Journal of Nursing Sciences (em@editorialmanager.com)

To: kelana_dharma@yahoo.com

Date: Monday, May 11, 2020, 03:31 PM GMT+7

Manuscript Number: IJNSS_2019_609R1

Increasing in the healthy lifestyle and decreasing in stroke risk factors after the use of mobile-stroke risk scale and lifestyle guidance

Dear Dr Dharma,

Thank you for submitting your manuscript to International Journal of Nursing Sciences.

Your manuscript has been reviewed. The reviewers recommend reconsideration of your manuscript following major revision and modification. I invite you to resubmit your manuscript after addressing the comments below. Please resubmit your revised manuscript by Jun 10, 2020.

When revising your manuscript, please consider all issues mentioned in the reviewers' comments carefully: please outline every change made in response to their comments, provide suitable rebuttals for any comments not addressed, and submit a point-by-point response file. Please cite the page number where the revision occurs, and highlight the addition in the text. Without this information, the article may be returned to you for further clarification. Please note that your revised submission may need to be re-reviewed. The decision to publish will be based on the quality of your revision and perhaps additional peer review.

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International Journal of Nursing Sciences values your contribution and I look forward to receiving your revised manuscript.

Kind regards,
Hongli Wang
Editorial Office

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Editor and Reviewer comments:
If you have any questions please contact me with email:cnaijnss3@163.com.
1.Please add the contents of the two questions (What is known? What is new?) before the introduction.
2.Please check the name(Stroke Risk Scorecard (SRS))of the questionnaire in manuscript.
  Please add the reference of this questionnaire.
  Please add the description of this quesitonnaire in 2.2,such as dimensions，items,how to score.
3.Questionnaire:
The source of the questionnaire should be refer to the original literature.
   The most important thing is: Did you get permission or authority of use of the questionnaire which were uesed in your manuscript? Please provide authority documents. Just like the follow contents which the other author's email:
     As mention in our study methods, we used 6 scales, the first is CWEQ-II scale which is consisted of JAS scale and ORS scale, as this scales is openly available for non-commercial and research purpose, we did not ask so, the link is here https://www.uwo.ca/fhs/hkl/cweq_download.html
While for the second scale, Maslach Burnout Inventory we used a license as attached. For the QNWL scale, we used the Bahasa Indonesia version from this source https://e-journal.unair.ac.id/index.php/JNERS/article/view/3856
. The last scale, PES, we also used the Bahasa Indonesia version here https://e-journal.unair.ac.id/JEBA/article/viewFile/5823/3727 . As a credit to the author, we cited the original one rather than translated version for the QNWL and PES.
4.Pleases merge the table 2-4.
5.Please revise the table 5 according to the attachments.
6.Please provide the proof the Enlish edting.
7.Reference Style
Text:Indicate references by number(s) in square
brackets in line with the text. The actual authors

can be referred to, but the reference number(s) must always be given.
List:Number the references (numbers in square brackets) in the list in the order in which they appear in the text.
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Reference to a journal publication:
[1] Gulpers MJ, Bleijlevens MH, Capezuti E, van Rossum E, Ambergen T, Hamers JP. Preventing belt restraint use in newly admitted residents in nursing homes: a quasi-experimental study. Int J Nurs Stud 2012;49(12):1473-9.
Reference to a book:
[2] Strunk Jr W, White EB. The elements of style. 4th ed. New York: Longman; 2000.
Reference to a chapter in an edited book:
[3] Mettam GR, Adams LB. How to prepare an electronic version of your article. In: Jones BS, Smith RZ, editors. Introduction to the electronic age, New York: E-Publishing Inc; 2009, p. 281–304.
Note shortened form for last page number. e.g., 51–9, and that for more than 6 authors the first 6 should be listed followed by 'et al.' For further details you are referred to 'Uniform Requirements for Manuscripts submitted to Biomedical Journals' (J Am Med Assoc 1997;277:927–34) (see also http://www.nlm.nih.gov/ bsd/uniform_requirements.html).

Reviewer #2: Thanks for the authors' revision. And this version manuscript is overall acceptable.
1. Please ensure the consistency of reference formating.
2. Check the results of stress in table 3.
3. Have the authors addressed all the reviewers' comments? I Just find the response for one reviewer.

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_____

Dear: Reviewer

I would like to say thank you very much for reviewing my article entitled: "Increasing in the healthy lifestyle and decreasing in stroke risk factors after the use of mobile-stroke risk scale and lifestyle guidance". When asking for proofreading assistance, the professional English editing service is advised me to edit the title become: "Use of mobile-stroke risk scale and lifestyle guidance promote healthy lifestyles and decrease stroke risk factors".

I have made several revisions according to reviewers' suggestions as follows:

No	Reviewer	Revisions Suggested by Reviewer	Revisions by Authors
1.	1	1. Please check the name (Stroke Risk Scorecard (SRS)) of the questionnaire in manuscript. 2. Please add the reference of this questionnaire. 3. Please add the description of this questionnaire in 2.2, such as dimensions, items, how to score.	1. The name of instrument is Stroke Risk Scorecard 2. We have added the reference of this questioner and several researches use this instrument to measure the risk of stroke (2.5 data collection paragraph 1 and 2). 3. We have added the description of stroke risk scorecard in 2.5 data collection paragraph 2: Stroke risk scorecard is an instrument to measure stroke risk consisting of 8 items such as blood pressure, atrial fibrillation, smoking, cholesterol, diabetes, exercise, weight, and stroke in the family. Each item was given a score of 0-2 according to the appropriate category, while body weight was scored using a body mass index. The higher the score indicates the more risk a person has a stroke. Stroke risk scorecard has been widely used in research to measure the risk of stroke including research of Alzahrani et al (2019), Srywahyuni et al (2019), Hasan et al (2010), and Aycock et al (2015).
2.	1	Questionnaire: 1. The source of the questionnaire should be refer to the original literature. 2. The most important thing is: Did you get permission or authority of use of the questionnaire which were used in your manuscript? Please provide authority documents.	Simple Lifestyle Indicator Questionnaire (SLIQ): 1. Source: Godwin M, Streight S, Dyachuk E, van den Hooven EC, Ploemacher J, Seguin R, Cuthbertson S. Testing the Simple Lifestyle Indicator Questionnaire: an initial psychometric study. Can Fam Physician 2008;54(1):76–7. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2293321/ 2. We have obtained permission to use SLIQ from Prof. Marshall Godwin: -----Original Message----- From: xxxxxxxxxxxxxxxxxxxxxx To: godwinm@mun.ca Subject: Need permission to use The Simple Lifestyle Indicator Questionnaire (SLIQ) Dear Dr. Marshall Godwin Primary Health Care Research Unit, Room 1776,

				Health Science Centre
				I would like to introduce myself, my name is Dr. xxxxxxxxxxxxxxx, I'm an associate professor in the nursing department of Health Polytechnic Ministry of Health Pontianak, Indonesia. I am doing the research with the title: "The effectiveness of mobile-stroke risk scale and lifestyle guidance on the healthy lifestyle and stroke risk factors among the risk person".
				I read your research report with the title: "Testing the Simple Lifestyle Indicator Questionnaire: Initial psychometric study", published in Journal of Canadian Family Physician, 2008; 54(1):76-77.
				Related to the research, I do ask your permission to allow me to use the Simple Lifestyle Indicator Questionnaire (SLIQ)). The questionnaire will be used to measure the healthy lifestyle of persons at stroke risk in Indonesia. The questionnaire will be translated in Bahasa Indonesia and will be applied to the sample selected. I hope you will give me the permission requested (user agreement). Thank you for your attention and kindness.
				Best Regards, Dr.xxxxxxxxxxxxxxxxxxxxxxxxx
				The answer from Dr Marshall Godwin:
				Yes you may use the SLIQ in your research. Please acknowledge the source of the Lifestyle tool in your reports and articles. See attached
				Marshall Godwin BMedSc, MD, MSC (Epidemiology), FCFP Clinical Professor of Family Medicine Memorial University of Newfoundland Chair, Section of Researchers Council, CFPC Marshall.godwin@outlook.com

				1. The Stroke Risk Scorecard (SRS):
				  a. Source:
				    Stroke Risk Scorecard (Lutheran Health Network, 2018) (Reference no.8)
				  b. This instrument was adopted from the National Stroke Association (NSA) which is freely available for non-commercial and research purposes, so we did not ask to use it.

4.	1	Please merge the table 2 and 4.	We have merged the table 2 and 4 (now become table 2).
5.	1	Please revise the table 5 according to the attachments.	We have revised the table 5 according to the attachment file provided by reviewer (now become table 4).

6.	1	Please provide the proof the English editing.	We have provided the proof English editing. Please see the certificate of proofreading from a professional English editing service in the file attached.
7.	1	Reference Style: Text: Indicate references by number(s) in square brackets in line with the text. The actual authors can be referred to, but the reference number(s) must always be given. List: Number the references (numbers in square brackets) in the list in the order in which they appear in the text. Examples: Reference to a journal publication: [1] Gulpers MJ, Bleijlevens MH, Capezuti E, van Rossum E, Ambergen T, Hamers JP. Preventing belt restraint use in newly admitted residents in nursing homes: a quasi-experimental study. Int J Nurs Stud 2012;49(12):1473-9.	We have revised the reference style.
8.	2	Please ensure the consistency of reference formating.	We have revised the reference style.
9.	2	Check the results of stress in table 3.	We have checked the result of stress variable in table 3.
10.	2	Have the authors addressed all the reviewers' comments? I Just find the response for one reviewer.	We have addressed all the reviewers' comments.

I hope this article can be accepted in the International Journal of Nursing Sciences. Thank you so much for your help.

Best regard,
Researcher

Decision on submission to International Journal of Nursing Sciences

From: International Journal of Nursing Sciences (em@editorialmanager.com)

To: kelana_dharma@yahoo.com

Date: Monday, May 11, 2020, 03:31 PM GMT+7

Manuscript Number: IJNSS_2019_609R1

Increasing in the healthy lifestyle and decreasing in stroke risk factors after the use of mobile-stroke risk scale and lifestyle guidance

Dear Dr Dharma,

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When revising your manuscript, please consider all issues mentioned in the reviewers' comments carefully: please outline every change made in response to their comments, provide suitable rebuttals for any comments not addressed, and submit a point-by-point response file. Please cite the page number where the revision occurs, and highlight the addition in the text. Without this information, the article may be returned to you for further clarification. Please note that your revised submission may need to be re-reviewed. The decision to publish will be based on the quality of your revision and perhaps additional peer review.

To submit your revised manuscript, please log in as an author at https://www.editorialmanager.com/ijnss/, and navigate to the "Submissions Needing Revision" folder.

International Journal of Nursing Sciences values your contribution and I look forward to receiving your revised manuscript.

Kind regards,
Hongli Wang
Editorial Office

International Journal of Nursing Sciences

Editor and Reviewer comments:
If you have any questions please contact me with email:cnaijnss3@163.com.
1.Please add the contents of the two questions (What is known? What is new?) before the introduction.
2.Please check the name(Stroke Risk Scorecard (SRS))of the questionnaire in manuscript.
  Please add the reference of this questionnaire.
  Please add the description of this quesitonnaire in 2.2,such as dimensions，items,how to score.
3.Questionnaire:
The source of the questionnaire should be refer to the original literature.
   The most important thing is: Did you get permission or authority of use of the questionnaire which were uesed in your manuscript? Please provide authority documents. Just like the follow contents which the other author's email:
     As mention in our study methods, we used 6 scales, the first is CWEQ-II scale which is consisted of JAS scale and ORS scale, as this scales is openly available for non-commercial and research purpose, we did not ask so, the link is here https://www.uwo.ca/fhs/hkl/cweq_download.html
While for the second scale, Maslach Burnout Inventory we used a license as attached. For the QNWL scale, we used the Bahasa Indonesia version from this source https://e-journal.unair.ac.id/index.php/JNERS/article/view/3856
. The last scale, PES, we also used the Bahasa Indonesia version here https://e-journal.unair.ac.id/JEBA/article/viewFile/5823/3727 . As a credit to the author, we cited the original one rather than translated version for the QNWL and PES.
4.Pleases merge the table 2-4.
5.Please revise the table 5 according to the attachments.
6.Please provide the proof the Enlish edting.
7.Reference Style
Text:Indicate references by number(s) in square
brackets in line with the text. The actual authors

can be referred to, but the reference number(s) must always be given.
List:Number the references (numbers in square brackets) in the list in the order in which they appear in the text.
Examples:
Reference to a journal publication:
[1] Gulpers MJ, Bleijlevens MH, Capezuti E, van Rossum E, Ambergen T, Hamers JP. Preventing belt restraint use in newly admitted residents in nursing homes: a quasi-experimental study. Int J Nurs Stud 2012;49(12):1473-9.
Reference to a book:
[2] Strunk Jr W, White EB. The elements of style. 4th ed. New York: Longman; 2000.
Reference to a chapter in an edited book:
[3] Mettam GR, Adams LB. How to prepare an electronic version of your article. In: Jones BS, Smith RZ, editors. Introduction to the electronic age, New York: E-Publishing Inc; 2009, p. 281–304.
Note shortened form for last page number. e.g., 51–9, and that for more than 6 authors the first 6 should be listed followed by 'et al.' For further details you are referred to 'Uniform Requirements for Manuscripts submitted to Biomedical Journals' (J Am Med Assoc 1997;277:927–34) (see also http://www.nlm.nih.gov/ bsd/uniform_requirements.html).

Reviewer #2: Thanks for the authors' revision. And this version manuscript is overall acceptable.
1. Please ensure the consistency of reference formating.
2. Check the results of stress in table 3.
3. Have the authors addressed all the reviewers' comments? I Just find the response for one reviewer.

More information and support

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FAQ: How can I reset a forgotten password?
   https://service.elsevier.com/app/answers/detail/a_id/28452/supporthub/publishing/kw/editorial+manager/

For further assistance, please visit our customer service site:
https://service.elsevier.com/app/home/supporthub/publishing/. Here you can search for solutions on a range of topics, find answers to frequently asked questions, and learn more about Editorial Manager via interactive tutorials. You can also talk 24/7 to our customer support team by phone and 24/7 by live chat and email.

_____

Dear: Reviewer

I would like to say thank you very much for reviewing my article entitled: "Increasing in the healthy lifestyle and decreasing in stroke risk factors after the use of mobile-stroke risk scale and lifestyle guidance". When asking for proofreading assistance, the professional English editing service is advised me to edit the title become: "Use of mobile-stroke risk scale and lifestyle guidance promote healthy lifestyles and decrease stroke risk factors".

I have made several revisions according to reviewers' suggestions as follows:

No	Reviewer	Revisions Suggested by Reviewer	Revisions by Authors
1.	1	1. Please check the name (Stroke Risk Scorecard (SRS)) of the questionnaire in manuscript. 2. Please add the reference of this questionnaire. 3. Please add the description of this questionnaire in 2.2, such as dimensions, items, how to score.	1. The name of instrument is Stroke Risk Scorecard 2. We have added the reference of this questioner and several researches use this instrument to measure the risk of stroke (2.5 data collection paragraph 1 and 2). 3. We have added the description of stroke risk scorecard in 2.5 data collection paragraph 2: Stroke risk scorecard is an instrument to measure stroke risk consisting of 8 items such as blood pressure, atrial fibrillation, smoking, cholesterol, diabetes, exercise, weight, and stroke in the family. Each item was given a score of 0-2 according to the appropriate category, while body weight was scored using a body mass index. The higher the score indicates the more risk a person has a stroke. Stroke risk scorecard has been widely used in research to measure the risk of stroke including research of Alzahrani et al (2019), Srywahyuni et al (2019), Hasan et al (2010), and Aycock et al (2015).
2.	1	Questionnaire: 1. The source of the questionnaire should be refer to the original literature. 2. The most important thing is: Did you get permission or authority of use of the questionnaire which were used in your manuscript? Please provide authority documents.	Simple Lifestyle Indicator Questionnaire (SLIQ): 1. Source: Godwin M, Streight S, Dyachuk E, van den Hooven EC, Ploemacher J, Seguin R, Cuthbertson S. Testing the Simple Lifestyle Indicator Questionnaire: an initial psychometric study. Can Fam Physician 2008;54(1):76–7. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2293321/ 2. We have obtained permission to use SLIQ from Prof. Marshall Godwin: -----Original Message----- From: xxxxxxxxxxxxxxxxxxxxxx To: godwinm@mun.ca Subject: Need permission to use The Simple Lifestyle Indicator Questionnaire (SLIQ) Dear Dr. Marshall Godwin Primary Health Care Research Unit, Room 1776,

			Health Science Centre
			
			I would like to introduce myself, my name is Dr. xxxxxxxxxxxxxxx, I'm an associate professor in the nursing department of Health Polytechnic Ministry of Health Pontianak, Indonesia. I am doing the research with the title: "The effectiveness of mobile-stroke risk scale and lifestyle guidance on the healthy lifestyle and stroke risk factors among the risk person".
			
			I read your research report with the title: "Testing the Simple Lifestyle Indicator Questionnaire: Initial psychometric study", published in Journal of Canadian Family Physician, 2008; 54(1):76-77.
			
			Related to the research, I do ask your permission to allow me to use the Simple Lifestyle Indicator Questionnaire (SLIQ)). The questionnaire will be used to measure the healthy lifestyle of persons at stroke risk in Indonesia. The questionnaire will be translated in Bahasa Indonesia and will be applied to the sample selected. I hope you will give me the permission requested (user agreement). Thank you for your attention and kindness.
			
			Best Regards,
			Dr.xxxxxxxxxxxxxxxxxxxxxxxxxx
			
			The answer from Dr Marshall Godwin:
			
			Yes you may use the SLIQ in your research. Please acknowledge the source of the Lifestyle tool in your reports and articles.
			See attached
			
			Marshall Godwin BMedSc, MD, MSC (Epidemiology), FCFP
			Clinical Professor of Family Medicine
			Memorial University of Newfoundland
			Chair, Section of Researchers Council, CFPC
			Marshall.godwin@outlook.com
			1. The Stroke Risk Scorecard (SRS):
			   a. Source:
			   Stroke Risk Scorecard (Lutheran Health Network, 2018) (Reference no.8)
			   b. This instrument was adopted from the National Stroke Association (NSA) which is freely available for non-commercial and research purposes, so we did not ask to use it.

4.	1	Please merge the table 2 and 4.	We have merged the table 2 and 4 (now become table 2).
5.	1	Please revise the table 5 according to the attachments.	We have revised the table 5 according to the attachment file provided by reviewer (now become table 4).

6.	1	Please provide the proof the English editing.	We have provided the proof English editing. Please see the certificate of proofreading from a professional English editing service in the file attached.
7.	1	Reference Style: Text: Indicate references by number(s) in square brackets in line with the text. The actual authors can be referred to, but the reference number(s) must always be given. List: Number the references (numbers in square brackets) in the list in the order in which they appear in the text. Examples: Reference to a journal publication: [1] Gulpers MJ, Bleijlevens MH, Capezuti E, van Rossum E, Ambergen T, Hamers JP. Preventing belt restraint use in newly admitted residents in nursing homes: a quasi-experimental study. Int J Nurs Stud 2012;49(12):1473-9.	We have revised the reference style.
8.	2	Please ensure the consistency of reference formating.	We have revised the reference style.
9.	2	Check the results of stress in table 3.	We have checked the result of stress variable in table 3.
10.	2	Have the authors addressed all the reviewers' comments? I Just find the response for one reviewer.	We have addressed all the reviewers' comments.

I hope this article can be accepted in the International Journal of Nursing Sciences. Thank you so much for your help.

Best regard,
Researcher

Decision on submission to International Journal of Nursing Sciences

From: International Journal of Nursing Sciences (em@editorialmanager.com)

To: kelana_dharma@yahoo.com

Date: Friday, June 5, 2020, 01:32 PM GMT+7

Manuscript Number: IJNSS_2019_609R2

Use of mobile-stroke risk scale and lifestyle guidance promote healthy lifestyles and decrease stroke risk factors

Dear Dr Dharma,

Thank you for submitting your manuscript to International Journal of Nursing Sciences.

Your manuscript has been reviewed. The reviewers recommend reconsideration of your manuscript following major revision and modification. I invite you to resubmit your manuscript after addressing the comments below. Please resubmit your revised manuscript by Jul 05, 2020.

When revising your manuscript, please consider all issues mentioned in the reviewers' comments carefully: please outline every change made in response to their comments, provide suitable rebuttals for any comments not addressed, and submit a point-by-point response file. Please cite the page number where the revision occurs, and highlight the addition in the text. Without this information, the article may be returned to you for further clarification. Please note that your revised submission may need to be re-reviewed. The decision to publish will be based on the quality of your revision and perhaps additional peer review.

To submit your revised manuscript, please log in as an author at https://www.editorialmanager.com/ijnss/, and navigate to the "Submissions Needing Revision" folder.

International Journal of Nursing Sciences values your contribution and I look forward to receiving your revised manuscript.

Kind regards,

Editorial Office

International Journal of Nursing Sciences

Editor and Reviewer comments:

1.What is mean about "two population means"you mentioned in 2.3 of manuscript?How to calculate the sample size？
2.Please add the full name of SRS in 2.5.
3.Simplify the description in the results, and do not repeat the contents in the table.
  The style of data in the table 2 and 3 should be (mean±SD).The decimal places of data should also be consistent.
  The mean difference (pre – post-test) of data in table didn't obey the normal distribution.Therefore, t-test as a statistical method is unusefulness.So please delete the mean difference (pre – post-test) of comparison between the two groups.
  Because the difference of data between the two groups was not big.Please retain the negative results in Table 2.
  The R2 datas of multivariate analysis were too low,so please delete the table 4.
  The results of your article should be analyzed around the data in Tables 2 and 3.
  The main purpose of your article is to introduce your intervention methods.You can analyze the causes of negative results.
  And add the limitations of the manuscript.

If you have any questions,please contact me with email:cnaijnss3@163.com.

More information and support

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For further assistance, please visit our customer service site: https://service.elsevier.com/app/home/supporthub/publishing/. Here you can search for solutions on a range of topics, find answers to frequently asked questions, and learn more about Editorial Manager via interactive tutorials. You can also talk 24/7 to our customer support team by phone and 24/7 by live chat and email.

_____
In compliance with data protection regulations, you may request that we remove your personal registration details at any time. (Use the following URL: https://www.editorialmanager.com/ijnss/login.asp?a=r). Please contact the publication office if you have any questions.

Dear:
Reviewer

I would like to say thank you very much for reviewing my article entitled: "Use of mobile-stroke risk scale and lifestyle guidance promote healthy lifestyles and decrease stroke risk factors".

I have made several revisions according to reviewers' suggestions as follows:

No	Editor and Reviewer Comments	Revisions by Authors
1.	What is mean about "two population means" you mentioned in 2.3 of manuscript? How to calculate the sample size？	We used the formula of hypothesis testing for the difference between two population means (two-sided test) to calculate the sample size. **"Two population means"**: a hypothesis testing comparing numerical dependent variables (**means score**) between **two populations** (groups) (the intervention and control group). We use this reference: Lemeshow S, Hosmer DW, Klar J, Lwanga SK, World Health Organization (WHO). Adequacy of Sample Size in Health Studies. 1990. Link e-book: https://apps.who.int/iris/bitstream/handle/10665/41607/0471925179_eng.pdf;sequence=1 **page 39** We calculate the sample size based on the formula as follows: $$n1 = n2 = \frac{2\sigma^2 \ (z_{1-\alpha/2} + z_{1-\beta})^2}{(\mu_1 - \mu_2)} = \frac{2\ (5,7)^2 (1,96+0,84)^2}{(12-8)^2} = \mathbf{32}$$
2.	Please add the full name of SRS in 2.5	We have add full name of SRS in the text (2.5)
3.	a. Simplify the description in the results, and do not repeat the contents in the table. b. The style of data in the table 2 and 3 should be (mean±SD). The decimal places of data should also be consistent. c. The mean difference (pre – post-test) of data in table didn't obey the normal	a. We have simplified the description in the results especially in the explanation of table 1 (page 8) b. We have modified the style of data in the table 2 and 3 (mean±SD). c. We have deleted the mean difference (pre – post-test) of comparison between the two groups in the table 2 and 3. d. We have retained the negative results in Table 2. e. We have deleted the table 4. f. We have analyzed the negative result and added the explanation into the end of discussion section (page 14). g. We have added the limitation of the manuscript into the end of discussion section (page 14): This study shows a slight difference in stroke risk and a healthy lifestyle after the intervention in both groups. This shows that the use of the M-SISguide application provides little leverage in promoting a healthy lifestyle and reduces stroke risk compared to the guidebook. We analyze that this is because the substance

| | | distribution. Therefore, t-test as a statistical method is un usefulness. So please delete the mean difference (pre – post-test) of comparison between the two groups.
d. Because the difference of data between the two groups was not big please retain the negative results in Table 2.
e. The R2 data of multivariate analysis were too low, so please delete the table 4.
f. The results of your article should be analysed around the data in Tables 2 and 3.
g. The main purpose of your article is to introduce your intervention methods. You can analyse the causes of negative results. And add the limitations of the manuscript. | of stroke risk self-assessment and personal healthy lifestyle information using the manual book in the control group is the same as the M-SISguide application in the intervention group. A big difference can be achieved if participants read more information in the M-SISguide application and apply it in everyday life. In this case, we need to simplify the use of features in the application and change the appearance of the M-SISguide so that it is more attractive for the participants. |

I hope this article can be accepted in the International Journal of Nursing Sciences. Thank you so much for your help.

Best regard,
Researcher

Editor and Reviewer comments:

There are some details should be added in the manuscirpt.

1.Pleasa add the saurce place of the research object in abstract.
2.How many items did the The Simple Lifestyle Indicator Questionnaire (SLIQ) containt?How did each item evaluated?

  I have found the questionnaire include 12 questions(three on diet, three on physical activity, three on alcohol consumption, two on smoking, and one on stress).
  But you have mentioned only four items in table 2.
Please check it.

3.Please add the position of Figure 1 in manuscript.
4. Please check the methods of statistical analysis.Did you use the paired t-test ?
5.Please revise the figure 1.Figure 1 didn't need color. Please shrink the blank space in "Conduct self-assessment of stroke risk" text box.

If you have any questions,please contact me with email:cnaijnss3@163.com.
Please revise as soon as possible.

Dear:
Reviewer

I would like to say thank you very much for accepting my article entitled: "Use of mobile-stroke risk scale and lifestyle guidance promote healthy lifestyles and decrease stroke risk factors" to be published International Journal of Nursing Sciences

I have made several revisions according to editor and reviewers' suggestions as follows:

No	Editor and Reviewer Comments	Revisions by Authors
1.	Please add the source place of the research object in abstract	We have added the source place of the research object in abstract: The accessible population is persons at risk of stroke in the community (West and East Kalimantan Province, Indonesia).
2.	How many items did The Simple Lifestyle Indicator Questionnaire (SLIQ) contain? How did each item evaluate? I have found the questionnaire include 12 questions (three on diet, three on **physical activity**, three on **alcohol consumption**, two on **smoking**, and one on **stress**). But you have mentioned only four items in table 2. Please check it.	The Simple Lifestyle Indicator Questionnaire (SLIQ) contain 12 items and four dimensions (physical activity, alcohol consumption, smoking, and stress). We have revised and replaced the word "items" to "domains" in table 3.
3.	Please add the position of Figure 1 in manuscript	We have added the position of Figure 1 in the manuscript (page 6)
4.	Please check the methods of statistical analysis. Did you use the paired t-test?	We used a bivariate test (independent t-test) to test differences in outcome variables between groups, paired t-tests to test differences in outcome variables between measurements in each group **(we have added the explanation of statistical analysis paired t-test in page 9).** We also use a multivariate analysis (multi-analysis of covariance tests) to determine the effect of the M-SISguide on a healthy lifestyle and stroke risk factors after controlling for confounding variables (education level, occupation, and age) as explained on page 10.

5.	Please revise the figure 1. Figure 1 didn't need colour. Please shrink the blank space in "Conduct self-assessment of stroke risk" text box.	We have revised he figure 1 (no colour) and we have shrink the blank space in "Conduct self-assessment of stroke risk" text box.

I hope this article can be published in the International Journal of Nursing Sciences sooner. Thank you so much for your attention.

Best regard,
Authors

Dear:
Reviewer

I would like to say thank you very much for accepting my article entitled: "Use of mobile-stroke risk scale and lifestyle guidance promote healthy lifestyles and decrease stroke risk factors" to be published International Journal of Nursing Sciences

I have made several revisions according to editor and reviewers' suggestions as follows:

No	Editor and Reviewer Comments	Revisions by Authors
1.	I have found the Simple Lifestyle Indicator Questionnaire include four dimensions (diet, physical activity, alcohol, stress) on the website. Please find the attachment. You have mentioned The Simple Lifestyle Indicator Questionnaire (SLIQ) contain 12 items and four dimensions (physical activity, alcohol consumption, smoking, and stress) in response to reviewers, but the dimensions in table 3 were diet, activity, smoking, stress. The dimensions were not consistent. Please check the dimensions and contents of the questionnaire again.	We apologize for the misinformation that we conveyed in response to reviewers before. SLIQ consists of 12 questions in 5 categories (3 on diet, 3 on physical activity, 3 on alcohol consumption, 2 on smoking, and 1 on stress) **(explanation in 2.5).** There were no respondents consume alcohol in this study **(explanation in page.10)**, so we only analyze the differences in the score of the pre-test and post-test in 4 domains (diet, physical activity, smoking, and stress).
2.	Please add the description in 2.5, such as how many questions did The Simple Lifestyle Indicator Questionnaire (SLIQ)	We have added the description of SLIQ in 2.5

	contain? how did each dimension evaluate?	

I hope this article can be published in the International Journal of Nursing Sciences sooner. Thank you so much for your attention.

Best regard,
Authors

Manuscript Number: IJNSS_2019_609R7

Use of mobile-stroke risk scale and lifestyle guidance promote healthy lifestyles and decrease stroke risk factors

Dear Dr Dharma,

Thank you for submitting your manuscript to International Journal of Nursing Sciences.

Your manuscript has been reviewed. The reviewers recommend reconsideration of your manuscript following minor revision and modification. I invite you to resubmit your manuscript after addressing the comments below. Please resubmit your revised manuscript by Jul 29, 2020.

When revising your manuscript, please consider all issues mentioned in the reviewers' comments carefully: please outline every change made in response to their comments, provide suitable rebuttals for any comments not addressed, and submit a point-by-point response file. Please cite the page number where the revision occurs, and highlight the addition in the text. Without this information, the article may be returned to you for further clarification.
Please note that your revised submission may need to be re-reviewed. The decision to publish will be based on the quality of your revision and perhaps additional peer review.

To submit your revised manuscript, please log in as an author
at https://www.editorialmanager.com/ijnss/, and navigate to the "Submissions Needing Revision" folder under the Author Main Menu.

International Journal of Nursing Sciences values your contribution and I look forward to receiving your revised manuscript.⌑

Kind regards,

Editorial Office

International Journal of Nursing Sciences

Editor and Reviewer comments:

The mauscript still has some problems to solve.

1.You have delete the table 4 before,but there was some description about multivariate analysis in manuscript.I have delete the description,please check the manuscript again.

2.Please check the correctness of abbreviation "M-SISguide ".You have mentioned the Stroke Risk Scorecard (SRS) in manuscript. Should the abbreviation be "M-SRSguide"？Please check it.

3.Please check the percentage data in table 1 which was red marked. How did you calculate it？None of the percentages should be correct.After you modify, you also need to check the statistical results.

4.If the Stroke Risk Scorecard (SRS) was freely available for non commercial and research purposes,please provide the website of the questionnaire.

If you have any questions,please contact me with email:cnaijnss3@163.com

Dear:

Editor

I would like to say thank you very much for accepting my article entitled: "Use of mobile-stroke risk scale and lifestyle guidance promote healthy lifestyles and decrease stroke risk factors" to be published International Journal of Nursing Sciences

I have made several revisions according to editor and reviewers' suggestions as follows:

No	Editor Comments	Revisions by Authors
1.	You have delete the table 4 before, but there was some description about multivariate analysis in manuscript. I have delete the description, please check the manuscript again.	We have checked the manuscript. We agree that the explanation of multivariate analysis is omitted because table 4 has been deleted from the manuscript. Because there is no multivariate analysis, the aim of the analysis in 2.6 change from: "This analysis aims to determine the effectiveness of the M-SISguide application on promoting a healthy lifestyle and reducing stroke risk factors after adjusting for confounding variables", becomes: "This analysis aims to determine the effectiveness of the M-SRSguide application on promoting a healthy lifestyle and reducing stroke risk factors ".
2.	Please check the correctness of abbreviation "M-SISguide". You have mentioned the Stroke Risk Scorecard (SRS) in manuscript. Should the abbreviation be "M-SRSguide"? Please check it.	We have checked the manuscript. We agree to change the abbreviation for mobile-stroke risk scale and lifestyle guidance from "M-SISguide" to "M-SRSguide". We have revised it in the manuscript.
3.	Please check the percentage data in table 1 which was red marked. How did you calculate it? None of the percentages should be correct. After you modify, you also need to check the statistical results.	The data shown in table 1 regarding the characteristics of the respondents are correct. We were wrong in displaying a percentage of each data. It should be based on the percentage of each category in each group. We agree with the editor's suggestion to change the percentage in Table 1. We have checked the bivariate analysis ($\chi 2$ or t value), there is no change in the test results. We have fixed table 1 according to the editor's suggestion.
4.	If the Stroke Risk Scorecard (SRS) was freely available for non-commercial and	https://www.floyd.org/medical-services/Stroke/Documents/RiskStrokeScorecard_Eng.pdf https://www.peacehealth.org/sites/default/files/stroke-risk-scorecard-engl-2015.pdf

	research purposes, please provide the website of the questionnaire.	https://lutheranhealth.net/pdfs/LH_Stroke_RiskScorecard_0418.pdf

I hope this article can be published in the International Journal of Nursing Sciences sooner. Thank you so much.

Best regard,
Authors

Dear Dr. Dharma

Your manuscript(IJNSS_2019_609:Use of mobile-stroke risk scale and lifestyle guidance promote healthy lifestyles and decrease stroke risk factors) has been accepted.
Please find the IJNSS-INVOICE in attachment. And pay relevant fees in time.
Please add the contents of two questions(What is known?What is new?)before the introdution of manuscript.
Please check the author's name of title page.

If you have any questions,please let me know.
If you have recived the email,please reply to me.

Best regards,
Yuanyuan Gu

2020-06-11

Yuanyuan Gu
Editor
International Journal of Nursing Sciences
28/F，Tower C，Chengming Building，Xizhimen South Street，Xicheng District，Beijing 100035，China

Date: Aug 02, 2020
To: "Kelana Kusuma Dharma" kelana_dharma@yahoo.com
From: "International Journal of Nursing Sciences" cnaijns1@163.com
Subject: Decision on submission to International Journal of Nursing Sciences

Manuscript Number: IJNSS_2019_609R8

Use of mobile-stroke risk scale and lifestyle guidance promote healthy lifestyles and decrease stroke risk factors

Dear Dr Dharma,

Thank you for submitting your manuscript to International Journal of Nursing Sciences.

I am pleased to inform you that your manuscript has been accepted for publication.

My comments, and any reviewer comments, are below.
Your accepted manuscript will now be transferred to our production department. We will create a proof which you will be asked to check, and you will also be asked to complete a number of online forms required for publication. If we need additional information from you during the production process, we will contact you directly.

We appreciate you submitting your manuscript to International Journal of Nursing Sciences and hope you will consider us again for future submissions.

Kind regards,

Editorial Office

International Journal of Nursing Sciences

Editor and Reviewer comments:

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For further assistance, please visit our customer service site: https://service.elsevier.com/app/home/supporthub/publishing/
Here you can search for solutions on a range of topics, find answers to frequently asked questions, and learn more about Editorial Manager via interactive tutorials. You can also talk 24/7 to our customer support team by phone and 24/7 by live chat and email

In compliance with data protection regulations, you may request that we remove your personal registration details at any time. (Use the following URL: https://www.editorialmanager.com/ijnss/login.asp?a=r). Please contact the publication office if you have any questions.

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