

**BUKTI KORESPONDENSI**  
**ARTIKEL JURNAL INTERNASIONAL BEREPUTASI**

Judul artikel : **Controlling obesity and hypertension: policies oriented towards behavior change**  
Jurnal : **The Open Public Health Journal 2024, Volume 17.**  
Penulis : **Dewi Agustina\***, Wasiyem, Tri Niswati Utami, Delfriana Ayu Astuty, Zuhrina Aidha, Eliska, Eliza Bestari, Fifi Ria Ningsih Safari

**Link jurnal:**

<https://openpublichealthjournal.com/VOLUME/17/ELOCATOR/e18749445326506/FULLTEXT/>

**Link Scopus:** <https://www.scopus.com/authid/detail.uri?authorId=58483074000>

**Link Sinta:** <https://sinta.kemdikbud.go.id/authors/profile/6788557>

No	Perihal	Tanggal
1	Bukti summit abstract	27 April 2024
2	Revisi 1 Bukti reviewer's comment. cek kelengkapan naskah, desain cross sectional → 1) minor editing, 2) COREQ	5 Juni 2024
3	Respon kepada editor Revisi naskah 1	7 Juni 2024
4	Review ke-2	30 Juli 2024
5	Bukti respons kepada editor dan reviewer's Revisi ke-2	22 Agustus 2024
6	Accepted	4 September 2024
7	Koreksi PROOFREAD	10 September 2025
8	Perbaikan, koreksi Proofread	10 september 2024
9	<b>Bukti naskah terbit</b>	13 September 2024

# BUKTI SUMMIT → 27 APRIL 2024

**MPS**  
Powered by Eureka

Welcome to your Dashboard Author / Dashboard

**ASSOCIATE AUTHOR SUBMISSIONS**

Journal	Reference No.	Date	Title	Status
No Submission				

**NEWLY SUBMITTED ARTICLES**

Show 5 entries Search:

Journal	Reference No.	Date	Title	Status
TOPHJ	BMS-TOPHJ-2024-111	2024-04-27	Controlling obesity and hypertension: policies oriented towards behavior change	Awaiting Editorial Approval

# Bukti komentar reviewer's 1 → 5 Juni 2024

11 dari banyak

Rab, 5 Jun 2024, t

Fwd: Successful Completion: Reference#: BMS-TOPHJ-2024-111 Kotak Masuk x

**Dewi Agustina** <dewiagustina@uinsu.ac.id> kepada saya

----- Forwarded message -----  
 Dari: **Urwa Rehan** <urwarehan@benthamauthorservices.com>  
 Date: Sen, 3 Jun 2024 16:26  
 Subject: Successful Completion: Reference# BMS-TOPHJ-2024-111  
 To: <dewiagustina@uinsu.ac.id>  
 Cc: The Open Dentistry Journal <meg@benthamscience.net>

**Reference#: BMS-TOPHJ-2024-111**

Submission Title: Controlling obesity and hypertension: policies oriented towards behavior change

Dear Dr. Agustina,

We are pleased to inform you that your article has been passed through the initial editorial assessment successfully. It has been duly proceeded to peer review. However, you are requested to address the following concerns before the article gets finalized for publication.

Initial Scrutiny	
Language Editing	
Minor Editing	English language editing is required in your manuscript. Please make sure to do this at the time of final revision, to avoid unnecessary publication delays. <a href="#">Download File</a>
Pre-submission Comments and Declarations	
Standard of reporting	Please provide the filled COREQ checklist. <a href="#">Download File</a>
Ethics Approval and Consent to Participate (For Research Article)	Please also confirm that the Helsinki Declaration has been followed for involving human subjects in the study.

Regards,  
**Urwa Rehan**  
 Editorial Office

## Bukti merevisi ➔ 7 Juni 2024

The screenshot shows an email client interface. On the left is a sidebar with navigation options: 'Tulis', 'Kotak Masuk', 'Berbintang', 'Ditunda', 'Ter kirim', 'Selengkapnya', and 'Label'. The main area displays an email from Dewi Agustina (dewiagustina@uinsu.ac.id) to 'Editorial, saya'. The subject is 'Re: Successful Completion from Initial Scrutiny | BMS-TOPHJ-2024-111'. The email body contains the following text:

Dear editor,

I hope this message finds you well.  
Attached please find the revised of our manuscript.  
We have carefully addressed all.  
Please do not hesitate to contact us, if you have any further question or need addition information.  
Thank you for you time and consideration.

Regards,  
Dewi Agustina

## Review ke 2 ➔ 30 Juli 2024

The screenshot shows a Gmail interface in a browser window. The address bar shows 'mail.google.com/mail/u/0/#search/TOPHJ/FMfcgzQVxIhTrBvfnPmDDxwjqrLCT'. The email is from Dewi Agustina (dewiagustina@uinsu.ac.id) to 'saya'. The subject is 'TOPHJ Manuscript Revision Required | BMS-TOPHJ-2024-111'. The email body contains the following text:

----- Forwarded message -----  
Dari: **The Open Public Health Journal** <admin@bentham.manuscriptpoint.com>  
Date: Sel, 30 Jul 2024 16:31  
Subject: **TOPHJ** Manuscript Revision Required | BMS-TOPHJ-2024-111  
To: <dewiagustina@uinsu.ac.id>  
Cc: <maryam@benthamopen.net>

Reference# BMS-TOPHJ-2024-111

Submission Title: Controlling obesity and hypertension: policies oriented towards behavior change

Dear Dr. Dewi Agustina,

Thank you for submitting to "The Open Public Health Journal". Your manuscript has been reviewed, and it needs revision (comments given below/ attached). You may download the correct manuscript version by [Clicking here](#). You are encouraged to carefully revise the manuscript, highlighting the exact changes made.

**Our publication policy requires the return of your revised manuscript within 5 days from the date of receipt of this message.**

When submitting a revised manuscript for further consideration, please ensure that all the suggested changes are incorporated into the manuscript. Also, highlight or mark up the changes made throughout the manuscript for ease of reference.

**Please note that if the revised version is received within 5 days, it will be completed and forwarded for electronic publication (subject to acceptance by the reviewers and journal editors) in the next 10 days from the date of receipt of the revised accepted manuscript. Please make sure all payment formalities are finished before publication.**

The final decision will be taken after the nature of your response letter and revision.

Fwd: TOPHJ Manuscript Revisio x +

mail.google.com/mail/u/0/#search/TOPHJ/FMfcgzQVxIhTrBvVfnPmDDxwjQRLCT

Gmail TOPHJ

Tulis

Kotak Masuk

Berbintang

Ditunda

Terkirim

Selengkapnya

Label +

8 dari banyak

The final decision will be taken after the nature of your response letter and revision.

**Authors from non-English speaking countries should ensure to have their articles corrected by a native English speaker for any grammatical, stylistic and typographical errors.**

Authors who are native English speakers should ensure that their article has been carefully checked for language, grammar, and style (where appropriate). This is in your interest as it will substantially reduce the time taken for the publication of your article.

**Note:** Please make sure to submit your revised manuscript through our Journal Management System <https://bentham.manuscriptpoint.com/> otherwise it may face delays in processing.

Response letter must be based on the following pattern:

Reviewer 1/problem 1:  
Reply 1:  
Reviewer 2/problem 2:  
Reply 2:

**Reviewer Comments:**  
**REVIEWER 1/Problem 1**  
**Comments:** Title: The focus in the title on "controlling obesity and hypertension" and the mention of policies misrepresent the actual content of the article. The article says very little about controlling obesity and only sketches some possible policy approaches in the final paragraphs. Instead, the study describes the prevalence of obesity, hypertension and some related health behaviors in a small sample of school teachers. Abstract: "Data was..." should be "Data were..." Results section: what is the "trend among the participants"? The last sentence of the Results section "Unhealthy dietary patterns... contribute to the risk..." is true enough, but is this actually shown in this study? Key words: Why is behavior change the first key word? Introduction: First sentence: I suggest that the authors specify in which country hypertension is such a problem among teachers. I do not believe that this finding applies universally. Indeed, the authors may consider switching the order of paragraphs 2 (which introduces hypertension and also specifies that Indonesia is the location) and paragraph 1 (which discusses teachers, specifically). Paragraph 2: the finding that many hypertensives are unaware of their condition is repeated several times. Silent hypertension is well known and stating it once is enough! Paragraph 3: you could add genetics to the list of possible causes for hypertension. This is pertinent to counterbalance the emphasis on behavior change. End of the introduction: I applaud the idea of formulating upstream policies, as these may alter broader social determinants of health. But then the authors list individual behaviors, like diet, exercise, and sleep, without identifying any policies that may influence these. Methods: Section 2.1 "Participants were not categorized based on ethnicity, education, gender..." But then the authors claim that this ensures diverse data. I do not understand this: if you do not record the characteristics of participants, how will you know that you have achieved diversity? And I see from Table 1 that the sex of participants was recorded. Perhaps my confusion lies in the word "categorized"? Do you mean that quota sampling was not used? Section 2.2: The second sentence, suggesting that descriptive studies uncover information needed to draw conclusions could apply to any research design. I suggest deleting this sentence, which adds nothing to the argument. 2.3: this sounds to be a semi-structured interview. 2.4: the phrase "excessive overweight" seems an extreme description for a BMI between 23 and 24.5. Perhaps just "overweight"? The

26°C  
Cerah

Search

08.10  
18/03/2025

Fwd: TOPHJ Manuscript Revisio x +

mail.google.com/mail/u/0/#search/TOPHJ/FMfcgzQVxIhTrBvVfnPmDDxwjQRLCT

Gmail TOPHJ

Tulis

Kotak Masuk

Berbintang

Ditunda

Terkirim

Selengkapnya

Label +

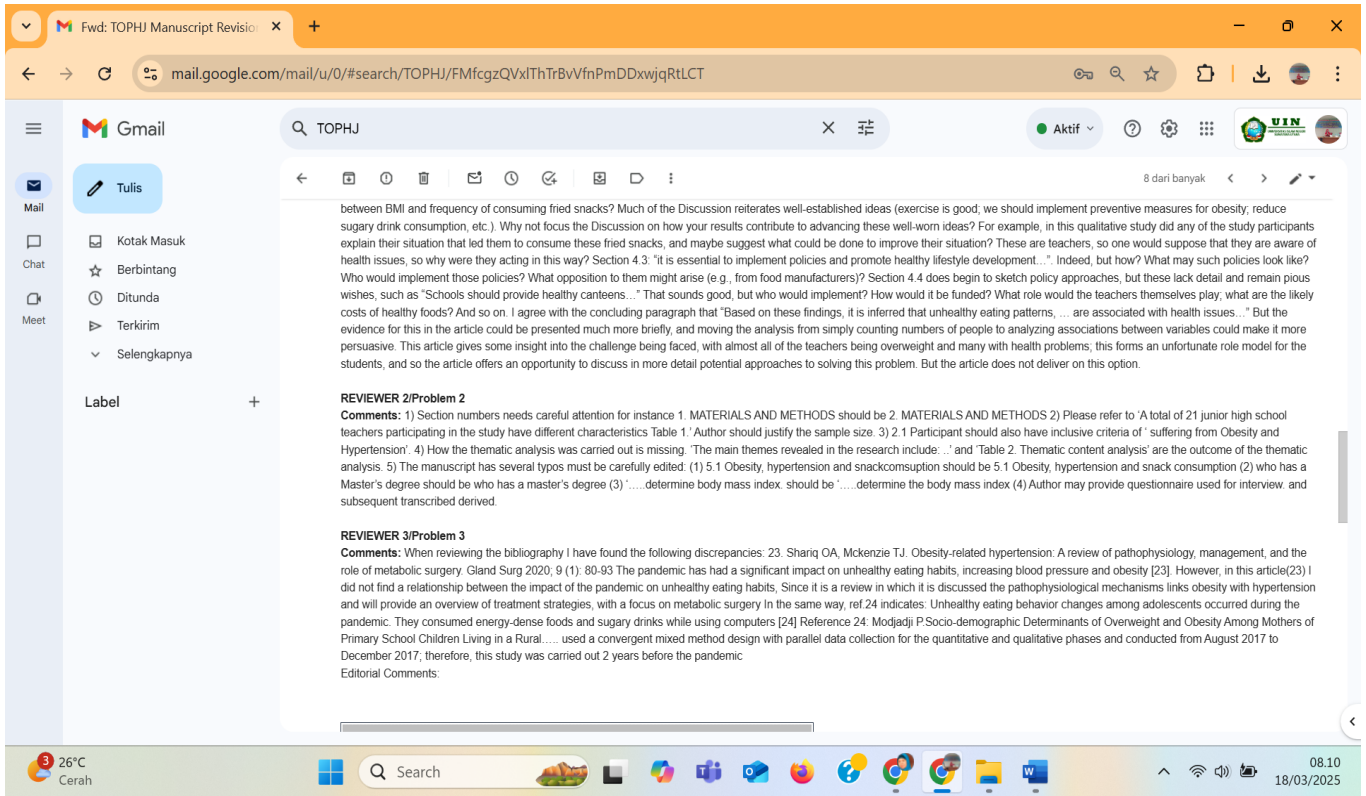
8 dari banyak

ethnicity, education, gender..." But then the authors claim that this ensures diverse data. I do not understand this: if you do not record the characteristics of participants, how will you know that you have achieved diversity? And I see from Table 1 that the sex of participants was recorded. Perhaps my confusion lies in the word "categorized"? Do you mean that quota sampling was not used? Section 2.2: The second sentence, suggesting that descriptive studies uncover information needed to draw conclusions could apply to any research design. I suggest deleting this sentence, which adds nothing to the argument. 2.3: this sounds to be a semi-structured interview. 2.4: the phrase "excessive overweight" seems an extreme description for a BMI between 23 and 24.5. Perhaps just "overweight"? The data analysis section is very brief. I am used to seeing details of how the interviews were run: in a group or individually? In what setting? What were participants told about the purpose of the study? Etc. Overall, if the purpose of the study was to propose policies that influence behavioral changes, why was nothing on this apparently included in the interviews? Might these respondents have some ideas on the subject? Results: "There were 9 categories of hypertension" is unclear. It all depends on what categories the researchers chose (as they did in categorizing BMI). Or, do you simply mean that 9 people were hypertensive? But how was hypertension defined? (Show that in the Methods section, and justify the threshold chosen). "The main finding is that most study participants had obesity and high blood pressure..." This does not seem to be true: 9 out of 21 participants were hypertensive (which is not "most"). And 3 of those hypertensives were normal in weight (and many overweight people were not hypertensive). I am not sure that Table 1 is required: this shows the raw data which seems unnecessary to present in such detail. Consider summarising (e.g., 3 males; average age x (range 26 to 61), and so forth). Table 2: Is it necessary to indicate which respondents reported eating fried snacks? Why not just say that 15 of 21 did this? And this information is also in the text, so no need to repeat. More interesting, why not indicate how many of these 15 were hypertensive or overweight? Why not, therefore, turn this presentation into a cross-table? In effect, if you intend the reader to connect Tables 2 and 1 by searching through the respondents listed, then why did the authors not do this? Theme 3: Last sentence on analyzing family history: This may be true, but what role does policy play? Theme 4: how did the results "show that regular exercise... can influence the risk of high blood pressure..."? If none of the participants exercised, that variable did not vary and so you can draw no conclusions on that topic. Discussion: "Our findings are relevant to the literature stating that obesity and high blood pressure have a significant correlation." But you do not show any correlation between them! Again, the presentation of results misses a good opportunity to show the associations between variables. You present this as a descriptive study, but why not make it an analytic one? The second paragraph of the Discussion (beginning "Secondly, the research findings...") is confusing: was it 20 or all 21 who consumed fried snacks? It appears that the authors did not review the text carefully before submission. Further down the same paragraph: "This provides insight into lifestyle factors..." this is not true: we already know these facts! Next paragraph: the claim of a high prevalence of hypertension is repeated, yet (by the authors' definition) nine of 21 people had high blood pressure. Is this a high prevalence? "... the excessive consumption of fried snacks, which is relevant to the number of participants experiencing obesity..." Perhaps, but you do not actually show this relationship between snacks and obesity in your results! Why not show (e.g., in a table) the relationship between BMI and frequency of consuming fried snacks? Much of the Discussion reiterates well-established ideas (exercise is good, we should implement preventive measures for obesity, reduce sugary drink consumption, etc.). Why not focus the Discussion on how your results contribute to advancing these well-worn ideas? For example, in this qualitative study did any of the study participants explain their situation that led them to consume these fried snacks, and maybe suggest what could be done to improve their situation? These are teachers, so one would suppose that they are aware of health issues, so why were they acting in this way? Section 4.3: "it is essential to implement policies and promote healthy lifestyle development..." Indeed, but how? What may such policies look like? Who would implement those policies? What opposition to them might arise (e.g., from food manufacturers)? Section 4.4 does begin to sketch policy approaches, but these lack detail and remain pious wishes, such as "Schools should provide healthy canteens..." That sounds good, but who would implement? How would it be funded? What role would the teachers themselves play, what are the likely costs of healthy foods? And so on. I agree with the concluding paragraph that "Based on these findings, it is inferred that unhealthy eating patterns, ... are associated with health issues..." But the evidence for this in the article could be presented much more briefly, and moving the analysis from simply counting numbers of people to analyzing associations between variables could make it more persuasive. This article gives some insight into the challenge being faced, with almost all of the teachers being overweight and many with health problems; this forms an unfortunate role model for the students, and so the article offers an opportunity to discuss in more detail potential approaches to solving this problem. But the article does not deliver on this option.

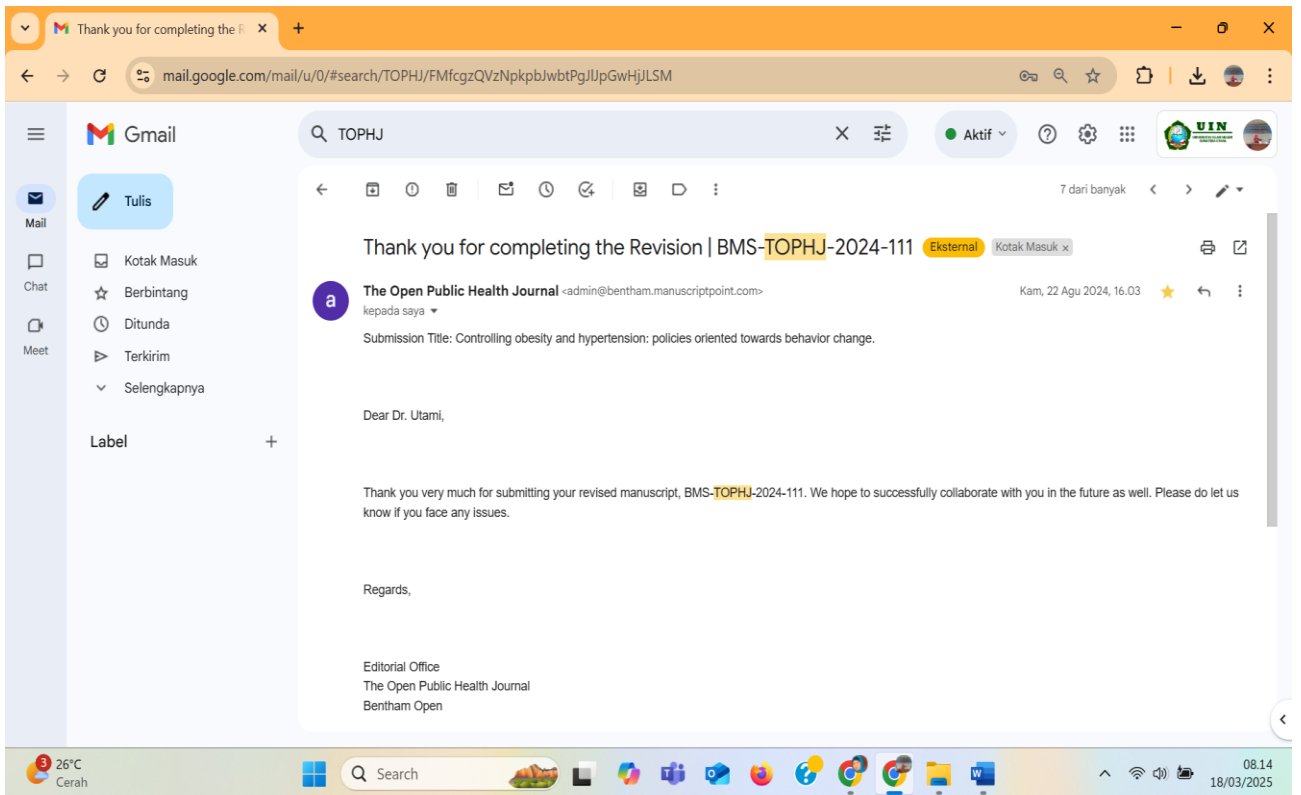
26°C  
Cerah

Search

08.10  
18/03/2025



## BUKTI MEREVISI KE 2 → 22 AGUSTUS 2024 (UCAPAN TERIMA KASIH MEREVISI)



## Bukti ACCEPTED → 4 september 2024

The screenshot shows the MPS Control panel interface. The top navigation bar includes 'MPS Powered by Eureka'. The left sidebar contains 'User Portal', 'Dashboard', 'New Submission', 'Email Notifications', 'Support', and 'User Manuals'. The main content area displays a table of authors with columns for name, email, and specialty. Below this is a 'Revision Emails' table with columns for Revision, Subject, Sent on, and Email. A red arrow points to the 'Revision Emails' table.

Revision	Subject	Sent on	Email
QC Revision Required	QC_DECISION-Quality Control	Sep 04, 2024	<a href="#">View</a>
JM Revision Required	TOPHJ Manuscript Revision Required	Aug 20, 2024	<a href="#">View</a>
JM Revision Required	TOPHJ Manuscript Revision Required	Jul 30, 2024	<a href="#">View</a>

## Bukti Upload Proofreading → 10 September 2024

The screenshot shows a Gmail inbox with an email from 'The Open Public Health Journal'. The email subject is 'Thankyou For Uploading Proof Corrections | BMS-TOPHJ-2024-111'. The email content includes a thank you message for submitting proof corrections and a link to unsubscribe from MPS.

**Thankyou For Uploading Proof Corrections | BMS-TOPHJ-2024-111** Eksternal Kotak Masuk x

**The Open Public Health Journal** <admin@bentham.manuscriptpoint.com> kepada saya, raheela ▾  
Sel, 10 Sep 2024, 19:57 ★ ↶ ⋮

Submission Title : Controlling obesity and hypertension: policies oriented towards behavior change

Dear Dr. Utami

Thank you very much for submitting proof corrections of your manuscript BMS-TOPHJ-2024-111.

We hope to successfully collaborate with you in the future as well. Please do let us know if you face any issues.

Regards  
Editorial Office  
The Open Public Health Journal  
Bentham Open

To unsubscribe from MPS and stop receiving emails further. [Please Click Here](#)

Powered by [Bentham Manuscript Processing System](#)

Disclaimer: This e-mail and any attachments are confidential and intended solely for the recipient (Unit) specified. If you are not the intended recipient, please notify the sender immediately and delete this e-mail and any attachments from your system. Unauthorized use, copying, or distribution of this e-mail or its contents is prohibited and may be unlawful. Unauthorized actions will result in legal consequences.

# BUKTI naskah terbit → 13 SEPTEMBER 2024

The screenshot displays a web browser window with the following content:

- Browser Tabs:** Kotak Masuk - triniswatiutami, Controlling Obesity and Hyper...
- Address Bar:** openpublichealthjournal.com/VOLUME/17/ELOCATOR/e18749445326506/FULLTEXT/
- Page Header:** CrossMark logo and "RESEARCH ARTICLE" label.
- Title:** Controlling Obesity and Hypertension: Policies Oriented towards Behavior Change
- Authors:** Dewi Agustina<sup>1,\*</sup>, Wasiyem<sup>2</sup>, Eliza Bestari Sinaga<sup>3</sup>, Fifi Ria Ningsih Safari<sup>5</sup>, Tri Niswati Utami<sup>4</sup>, Zuhriana Aidha<sup>6</sup>, Eliska<sup>7</sup>, and Delfriana Ayu Astuty<sup>7</sup>. Includes an "Authors Info & Affiliations" link.
- Journal Info:** THE OPEN PUBLIC HEALTH JOURNAL • 13 Sep 2024 • RESEARCH ARTICLE • DOI: 10.2174/0118749445326506240905065857
- Navigation:** "PREVIOUS ARTICLE" and "NEXT ARTICLE" links.
- Abstract Section:**
  - Background:** Hypertension and obesity are emerging as significant non-communicable disease threats that can be addressed through behavioral changes.
  - Objective:** (Text is partially obscured)
- Right Sidebar:**
  - Journal cover image for "The Open Public Health Journal" showing a person in medical scrubs.
  - ADVERTISEMENT:** THE INTERNATIONAL MEDICINE AND BIOSCIENCES CONFERENCE 2025. Includes text: "22<sup>nd</sup> in the series of Eureka Science conferences", "Publish in Impact Factor & Scopus-Indexed Journals!", and "Exclusive Opportunity for TIMBC Conference Participants".
- Taskbar:** Windows taskbar showing system tray with 27°C Cerah, search bar, and date 18/03/2025.