
Manuscript Information **Authors** **Files**

Manuscript ID JKMU-2005-2304 (R1)

Manuscript Title Smoking habits, stress and physical activity in relation to diabetes mellitus: a nationwide study in Indonesia.

DOI **10.22062/jkmu.2020.192296.2304**

Manuscript Type Original Article

Running Title Smoking habits, stress, physical activity with diabetes mellitus

Main Subjects Public Health
- Offered Subjects: epidemiology, public health

Abstract Background: Diabetes mellitus (DM) remains a primary chronic disease in the world, including in Indonesia. A poor lifestyle that includes smoking habits, stress, and lack of physical activities will further increase the incidence of DM. This study aimed to explore smoking habits, stress, and physical activity in relation to DM incidence in Indonesia.

Methods: A total of 12,110 respondents from 13 provinces in Indonesia were interviewed and evaluated in a cross-sectional national-based population study in Indonesia. Multivariate binary logistic regression analysis was used to calculate the adjusted odds ratio value with a 95% confidence interval.

Results: Of the 12,110 respondents, 9,154 (75.59%) were \geq 45 years old and 6,704 (55.36%) were low physically active. Respondents who were exposed to cigarette smoke (AOR = 0.73, 95% CI = 0.57-0.94, $p < 0.05$) and perform high active or vigorous physical activities (AOR = 0.81, 95% CI = 0.67-0.9, $p < 0.05$) were significantly related to DM.

Conclusion: Smoking habits and physical activity were highly associated with DM but not stress. Furthermore, improving health promotion and preventive activities on DM was needed and organized by primary health care.

Keywords Diabetes mellitus; smoking, stress, physical activity; Indonesia

Submit Date 2020-05-21 18:40:25

Revise Date 2020-08-09 14:13:42

Accept Date 2020-09-15

Comments for Author

Author Comment for Galley Proof

Dear Editor in Chief Journal of Kerman University of Medical Sciences

Thank you very much for your help in editing our manuscript, we have done adding, checking and corrections with highlight yellow colour in the manuscript we uploaded. Also please allow us not to include academic degrees behind the name of the author.

Thank you very much for your kindness

Best Regards,
Solikhah

Current Status	Accepted to Online Publish
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Modify Date	2020-11-02 07:48:08
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**Journal of Kerman University of Medical Sciences** <jkmu@kmu.ac.ir>

Thu, May 21, 9:10 PM

to me, solikhah010277, jkmu

Manuscript ID: JKMU-2005-2304

Manuscript Title: **Smoking habit, stress and physical activity in relation to diabetes mellitus: a nationwide study in Indonesia.**

Authors: Nur Aini Purwaningsih, Solikhah Solikhah

Dear **Dr. Solikhah Solikhah**

I wish to acknowledge receiving the of the above mentioned manuscript.

It should be noted that the manuscript will be reviewed for possible publication in the Scientific Journals Management Journal.

Please be sure that the submitted manuscript has not been published previously and will not be submitted elsewhere without your permission.

Our editorial decision will be brought to your attention once the paper has been reviewed due the referees consideration.

I wish to take this opportunity to thank you for sharing your work with us.

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Manuscript Needs Major Revision (#JKMU-2005-2304 (R1))

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Journal of Kerman University of Medical Sciences <jkmu@kmu.ac.ir>

Sat, Aug 1, 1:57 PM

to me, solikhah010277

Manuscript ID: JKMU-2005-2304

Manuscript Title: **Smoking habit, stress and physical activity in relation to diabetes mellitus: a nationwide study in Indonesia.**

Authors: Nur Aini Purwaningsih, Solikhah Solikhah

Dear **Dr. Solikhah Solikhah**

Your manuscript has obtained major revisions. In this case we normally treat it as unacceptable for publication. However, numerous editorial errors have pointed out by the reviewers, the **Journal of Kerman University of Medical Sciences** believes that the manuscript could be rectified and prepare for possible publication.

Please assign your corrections with a colored font in the text and send response to reviewer in a separate email.

Please let us know your views in this regard and in the case of positive response, reply us within 14 days time.

Truly yours,

Responses to reviewers' comments

Manuscript ID: **EPIH-20-083**

Title: Smoking habit, stress and physical activity in relation to diabetes mellitus: a nationwide study in Indonesia.

Dear Editor- Epidemiology and Health (*epiH*)

We'd like to send responses to reviewer's comments for our manuscript. We completed with revised manuscript that uploaded a version of our manuscript highlighting any revisions made.

Reviewer report #1:

This is good study with concise abstract and reasonable background and clear methods and results to make Indonesian knowledge base.

Why don't you discuss more about Indonesian primary health care around diabetes in Introduction or Discussion to make suggestion about health promotion and preventive activities on Diabetes Mellitus?

Author responses #1:

Done. Thank you for your comment. We have agreed and added in discussion section. The revised manuscript with highlight have uploaded.

Reviewer report #2:

- This is a study using national data, and it deals with important topics, but much improvement is needed in analysis methods and interpretation. It is recommended to seek advice from statisticians or epidemiologists who have dealt with such kinds of data.
- Men and women might be very different in many ways. It is recommended to analyze separately for men and women, rather than adjusting for gender as a confounder.
- Table 2: Exposure variables seem to be treated differently for crude OR and adjusted OR. For example, there is only one crude OR but three adjusted ORs for education variable. Please use the same category in crude analysis and adjusted analysis.
- Authors described in the results as below, but I do not understand their interpretation. It is a misinterpretation that the odds of diabetes are 0.27%. Please consult an expert for data analysis and interpretation.

"Based on the results of the study, response with smoking habit had the odd to develop DM of 0.27% (AOR = 0.73, 95% CI = 0.57-0.94, $p < 0.05$)..."

Author responses #2:

- Thank you for your suggestion. For analysis methods and interpretation have revised following your suggestion.
- For gender in our data actually means sex (female and women). The data didn't collecting a gender. So we have changed gender to sex. Thank you for your suggestion.
- We have corrected Table 2. Before we analysed multivariate, the first step we have analysed a bivariate model to select risk factors and/or confounder into the next step. We apologise for this serious mistake and have corrected in those table with highlight.
- Done. We have corrected our interpretation especially AOR <1. "Based on the results of the study, respondents with smoking habit had lower odds of DM (AOR = 0.73, 95% CI = 0.57-0.94, $p < 0.05$)...", and " With the same smoking pattern, we found that female showed significantly protective against DM (AOR = 0.73, 95% CI = 0.57-0.94, $p < 0.05$)..". Thank you for your suggestion.

Thank you very much.

Best regards,

Solikhah Solikhah



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Acknowledgement of Revision (#JKMU-2005-2304 (R1))

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 **Journal of Kerman University of Medical Sciences** <jkmu@kmu.ac.ir>
to me, solikhah010277, jkmu

Sun, Aug 9, 4:43 PM

Manuscript ID: JKMU-2005-2304 (R1)

Manuscript Title: **Smoking habits, stress and physical activity in relation to diabetes mellitus: a nationwide Indonesia.**

Authors: Nur Aini Purwaningsih, Solikhah Solikhah


Date: 2020-05-21

Dear **Dr. Solikhah Solikhah**Thank you for submitting the revised file of your manuscript to the **Journal of Kerman University of Medical Science**

The Editorial Office will proceed on your manuscript and inform you in the earliest time.

If there is anything else, please do not hesitate to contact us.

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Tue, Sep 15, 2:42 PM

Manuscript ID: JKMU-2005-2304 (R1)

Manuscript Title: **Smoking habits, stress and physical activity in relation to diabetes mellitus: a nationwide Indonesia.**

Authors: Nur Aini Purwaningsih, Solikhah Solikhah

Dear **Dr. Solikhah Solikhah**

We are pleased to inform you that your paper for journal is nearing publication. The page proofs are available at:

<http://jkmu.kmu.ac.ir/>

The URL is valid only until your paper is published online. It is for proof purposes only and may not be used by third

The proof shows the paper as it will appear later in print except that: The pages are not numbered but the lines are, reference to any passage to be corrected. This proof has been optimized for online presentation. Please note that the colored publication.

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Journal of Kerman University of Medical Sciences <jkmu@kmu.ac.ir>
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Mon, Nov 2, 11:18 AM

Manuscript ID: JKMU-2005-2304 (R1)

Manuscript Title: **Smoking habits, stress and physical activity in relation to diabetes mellitus: a nationwide Indonesia.**

Authors: Nur Aini Purwaningsih, Solikhah Solikhah

Dear **Dr. Solikhah Solikhah**

This is to confirm that after technical and in-house evaluation, the above mentioned manuscript has been finalized ar publication in the journal. As a result, your *article/paper* will be published in the following issues of the journal, accorc *publishing* priorities

Truly yours,

Editorial Office of **Journal of Kerman University of Medical Sciences**