

Judul artikel : Spiritual Mindfulness-Based Intervention for Nomophobia: A Randomized Controlled trial

Nama Jurnal : Islamic Guidance and Counseling Journal

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Halaman : 1-21

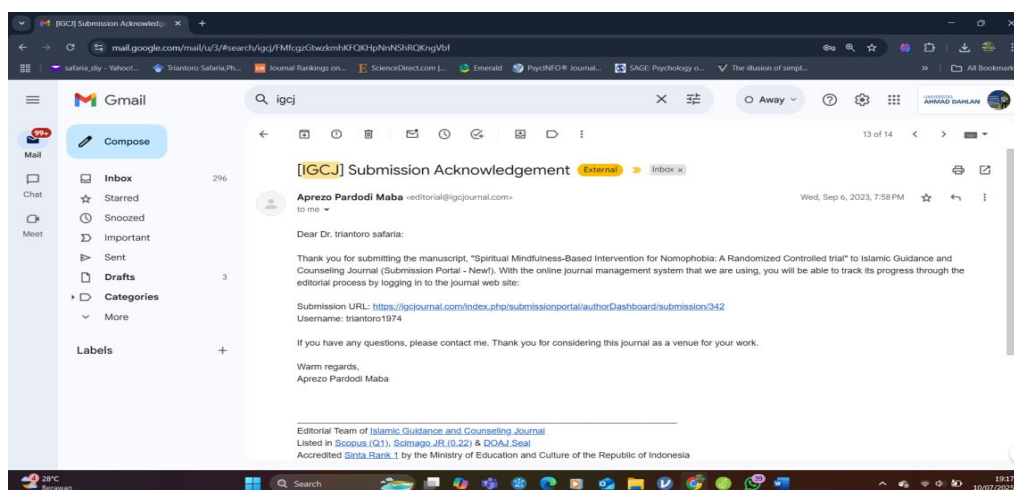
Penulis : Triantoro Safaria

No	Keterangan	Tanggal
1	Submit Artikel	6 September 2023
2	Email respon dari pengelola jurnal	6 September 2023
3	Catatan Revisi dari reviewer jurnal	5 Oktober 2023
4	Email respon penulis Revisi I (berisi tabel revisi dan yang sudah diperbaiki - <b>WAJIB ADA</b> )	5 Oktober 2023
5	Email respon reviewer jurnal terhadap perbaikan penulis	Response di OJS, tidak melalui email tgl 10 Oktober 2023
6	Email respon penulis Revisi II (berisi tabel revisi dan yang sudah diperbaiki - <b>WAJIB ADA</b> )	20 Oktober 2023
7	Pemberitahuan Penerbitan (bukti LOA)	7 November 2023
8	Permohonan Penyesuaian Konten Artikel	12 November 2023
9	Pengiriman Revisi artikel, bukti transfer dan form transfer copyright	12 November 2023
10	Penerbitan Artikel (artikel yang sudah terbit)	19 November 2023

## Lampiran

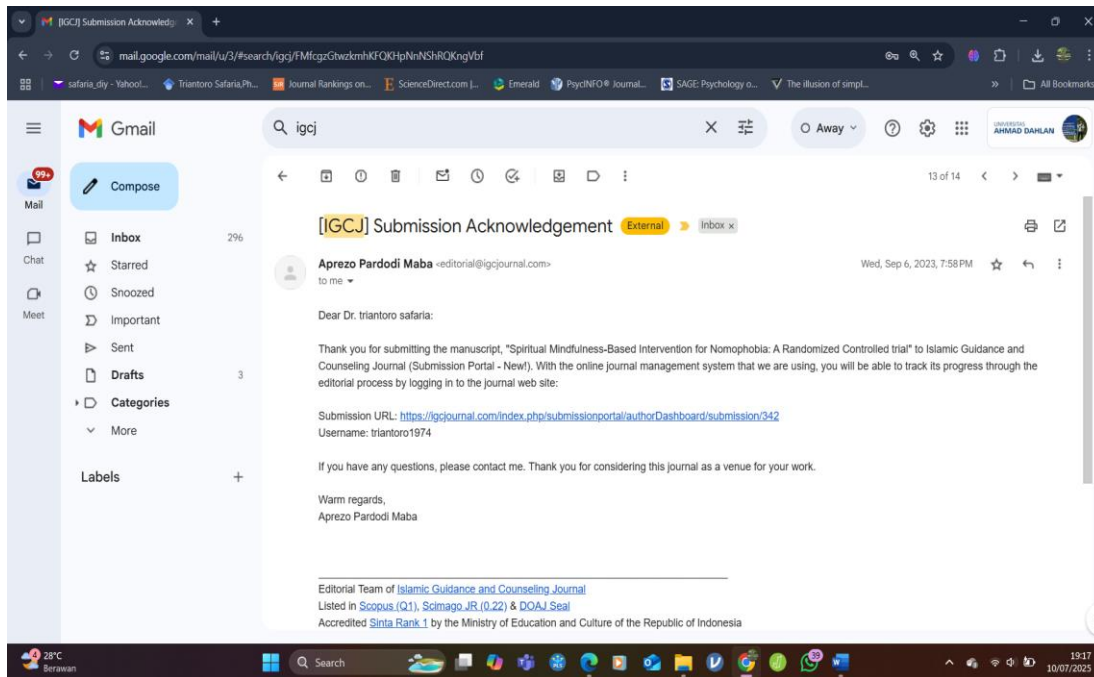
(menyesuaikan yang dimiliki masing-masing penulis, baik komunikasi melalui email atau OJS)

1. Submit Artikel  
(*screenshoot email submit artikel*)

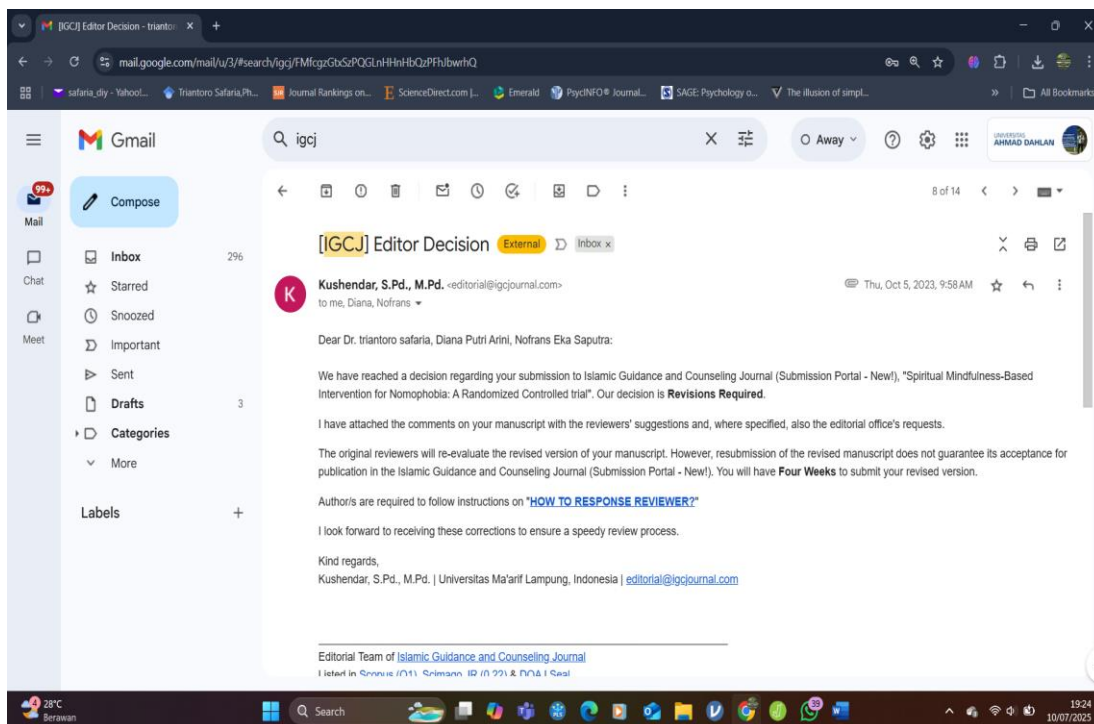


2. Email respon dari pengelola jurnal

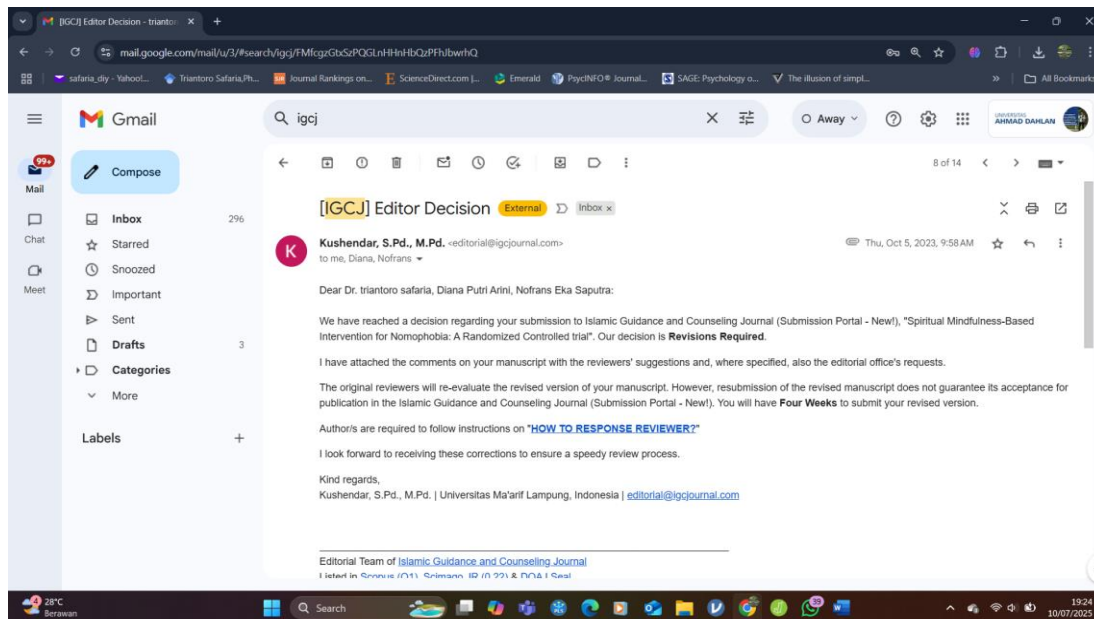
*(screenshot email respon dari pengelola jurnal)*



3. Catatan Revisi dari reviewer jurnal  
*(screenshot email dari reviewer jurnal, lampirkan dokumen jika ada, daftar revisi)*



4. Email respon penulis Revisi I  
(screenshot email dan tabel perbaikan dari penulis)  
(contoh terlampir)



Original text	Reviewer's comments	Revised text/ author response
<i>A total of 65 participants voluntarily participated in 15 sessions of spiritual mindfulness. The participants in this study were Muslim, aged between 21 to 24, consisting of 50 (83.33%) females and 10 (16.67%) males.</i>	The number of participants indicated is 60, but if 50 is added to 16, you get 65. Serious mathematical issue happened here! ☺	We sorry for the error. We have revised the number correctly. The correct number is 60 participants.  <i>A total of 60 participants voluntarily participated in 15 sessions of spiritual mindfulness. The participants in this study were Muslim, aged between 21 to 24, consisting of 50 (83.33%) females and 10 (16.67%) males.</i>
The progress of information technology and the internet has brought about changes in every aspect of life and individual behavior (Aguilera-Manrique et al., 2018; Bragazzi et al., 2019; Durak, 2018; Anna Lucia S. King et al., 2010).	It seems an inconsistent citation pattern occurred.	We have revised the citation accordingly, and thoroughly check all citation in manuscript.  The progress of information technology and the internet has brought about changes in every aspect of life and individual behavior (Aguilera-Manrique et al., 2018; Bragazzi et al., 2019; Durak, 2018; King et al., 2010).
Thanks to the remarkable advancements in information technology and internet speed, smartphones have become an inseparable part of individuals' daily lives (Jahrami, Rashed, Alrasheed, et al., 2021; Kara et al., 2019; Lee et al., 2018).	This statement might be too oversimplified. With that said, it would be more accurate to state that these variables contributed to the phenomenon.	Response: We have revised the statement for more logical  The remarkable advancements in information technology and internet speed, leads smartphones become an inseparable part of individuals' daily lives (Jahrami, Rashed, Alrasheed, et al., 2021; Kara et al., 2019; Lee et al., 2018).

<i>Nomophobia is a "new disorder"</i>	Unclear meaning! The word "new" might be related to the time of cited studies (2017, 2019, 2021, 2022, 2023). Clarification required!	Response: We have revised and added clarification. This word mean that nomophobia is a new type of disorder related to smartphone use as many expert said it.  <i>Nomophobia is a "new type of disorder related to smartphone use"</i>
<i>Additionally, prior research has shown that mindfulness-based interventions can lower stress levels, enhance performance and quality of life (Márquez et al., 2021; Purwanto et al., 2023), and reduce mood disturbances (Chang et al., 2018). This study will integrate Islamic spirituality with mindfulness in an intervention to alleviate nomophobia.</i>	A bridge is needed for a better transition. So, the discussion from mindfulness to spirituality will not be abrupt.	Response: We have added a bridge sentence for a better transition  <i>Previous research has shown the positive role of spirituality in individuals' mental health (Koenig, 2014; Miller &amp; Thoresen, 2003; Seybold &amp; Hill, 2001). Therefore, in this article, spirituality will be explained in greater depth.</i>
<i>For a Muslim, one of the practices recommended by the Islamic faith is "dhikr"</i>	It should be "For a muslim" or "For muslims"	Response: We have revised. It should be Muslims  <i>For Muslims, one of the practices recommended by the Islamic faith is "dhikr"</i>
<i>Therefore, the need for an intervention to address this issue is evident. Arpaci et al (2017, 2020) has identified the role of mindfulness in relation to</i>	Apaci and friends, so, it should be HAVE	Response: We have revised the word appropriately  <i>Therefore, the need for an intervention to address this issue is evident. Arpaci et al (2017, 2020) have identified the role of mindfulness in relation to nomophobia</i>
<i>Meanwhile, for a Muslim, the values and principles of Islamic teachings hold significant importance and influence every aspect of Muslim' experiences, behaviors, and lives (Achour et al., 2019; Achour, et al., 2015; Makin, 2016)</i>	Please be consistent, is should be either "Muslim" or "Muslims".	Response: We have revised the word appropriately. It should be Muslims  <i>Meanwhile, for Muslims, the values and principles of Islamic teachings hold significant importance and influence every aspect of Muslims' experiences, behaviors, and lives (Achour et al., 2019; Achour, et al., 2015; Makin, 2016)</i>
<i>Purpose or Hypotheses of the study</i>	But, there is only one "Hypothesis" included. If there are multiple hypotheses, it would be better to list them all.	We have revised the word appropriately. The title should be hypothesis.  <i>Purpose or Hypothesis of the study</i>
<i>Participant recruitment for this study was carried out in July 2023 through a WhatsApp group of the class taught by the researcher. A total of 85 students registered and were initially eligible, but after conducting screening using Nomophobia questionnaire (NMPQ) (Yildirim &amp; Correia, 2015), 7 students did not meet the inclusion criteria, and 12 students stated that they would not participate for various reasons</i>	The participant recruitment method introduces potential selection bias as. This should be critically evaluated.	Response: We have added an explanation why we used whatsapp group to inform about the experimental study to potential participants.  <i>Open recruitment for participants of this study was carried out in July 2023 through a WhatsApp group of the class taught by the researcher. The purpose of open recruitment is to inform potential participants about the experimental study on spiritual-mindfulness to reduce nomophobia symptoms. Individuals who are interested and feel that they have nomophobia symptoms can participate in the offered intervention.</i>

<p><i>Randomization, blinding, and controlled trial methods were employed in this research. The research assistant and the outcome evaluator remained blinded throughout the 15 intervention sessions. Participants were randomly assigned to two groups using the random.org application (Haahr, 2023). An independent facilitator, who was blinded to the subject groups, divided the participants into the two groups. A data processing team that was also blinded was responsible for analyzing the research data.</i></p>	<p>A detail about how the website or application works should be explained.</p>	<p><i>Response: We have added information about random.org. thank you for your suggestion.</i></p> <p><i>Participants were randomly assigned to two groups using the random.org application. Random.org is a website and service that provides truly random numbers and other random data. Random.org generates randomness from atmospheric noise. This noise is collected through the use of hardware devices, like radio receivers, that monitor electromagnetic radiation in the atmosphere. Since atmospheric noise is unpredictable and uncontrollable, it serves as a source of true randomness. Random.org uses hardware random number generators (HRNG) to convert the collected atmospheric noise into random numbers. These HRNGs are designed to provide a continuous stream of random bits. The random bits obtained from the HRNGs are processed to ensure they meet the required statistical properties of randomness. This includes testing for bias and independence.</i></p>
<p><i>The participants attended 15 groups sessions of spiritual mindfulness intervention. Three trained facilitators with master's and doctoral degrees, who were well-versed in the intervention manual, delivered the sessions. The research design employed in this study was a randomized controlled trial with a pre-posttest approach. The intervention consisted of 15 sessions in 7 days, each lasting for 1.5 hours.</i></p>	<p>Specify the session frequency, once a week or every other day.</p>	<p><i>Response: We have added information about the session</i></p> <p><i>The participants attended 15 sessions of spiritual-mindfulness intervention. The intervention consisted of 15 sessions in 7 days, each lasting for 1.5 hours. Three trained facilitators, with master's and doctoral degrees, who were well-versed in the intervention manual, delivered the sessions. The research design employed in this study was a randomized controlled trial with a pre-post test approach. The intervention consisted of 15 sessions, each lasting for 1.5 hours. The sessions encompassed various aspects, including spiritual-mindfulness techniques related to breathing sensation, body sensation, brain sensation, and feeling sensation all combined with dhikr uttering repetition (Ya Rahmaan Ya Rahiim). Additionally, the intervention included supplementary materials such as biofeedback sensation, emotion regulation management, self-control skills, and smartphone management. Table 1 presents the primary materials used in the intervention.</i></p>
<p><i>Three trained facilitators</i></p>	<p>Please elaborate the qualifications or training of the facilitators.</p>	<p><i>Response: We have added information about facilitators qualification.</i></p> <p><i>Three trained facilitators, with master's and doctoral degrees, who were well-versed in the intervention manual, delivered the sessions.</i></p>

5. Email respon reviewer jurnal terhadap perbaikan penulis  
(screenshot email respon pengelola jurnal)

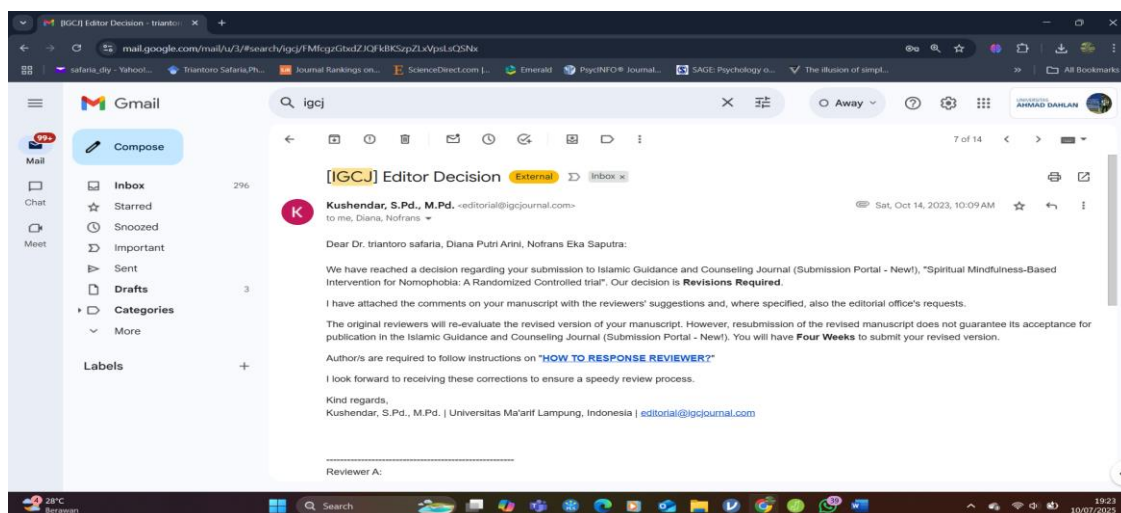


***TIDAK ADA EMAIL RESPON REVIEWER KE PENULIS. PROSES SUBMIT REVISI DAN RESPONSE REVIEWER MELALUI CATATAN DI FILE OJS JURNAL***

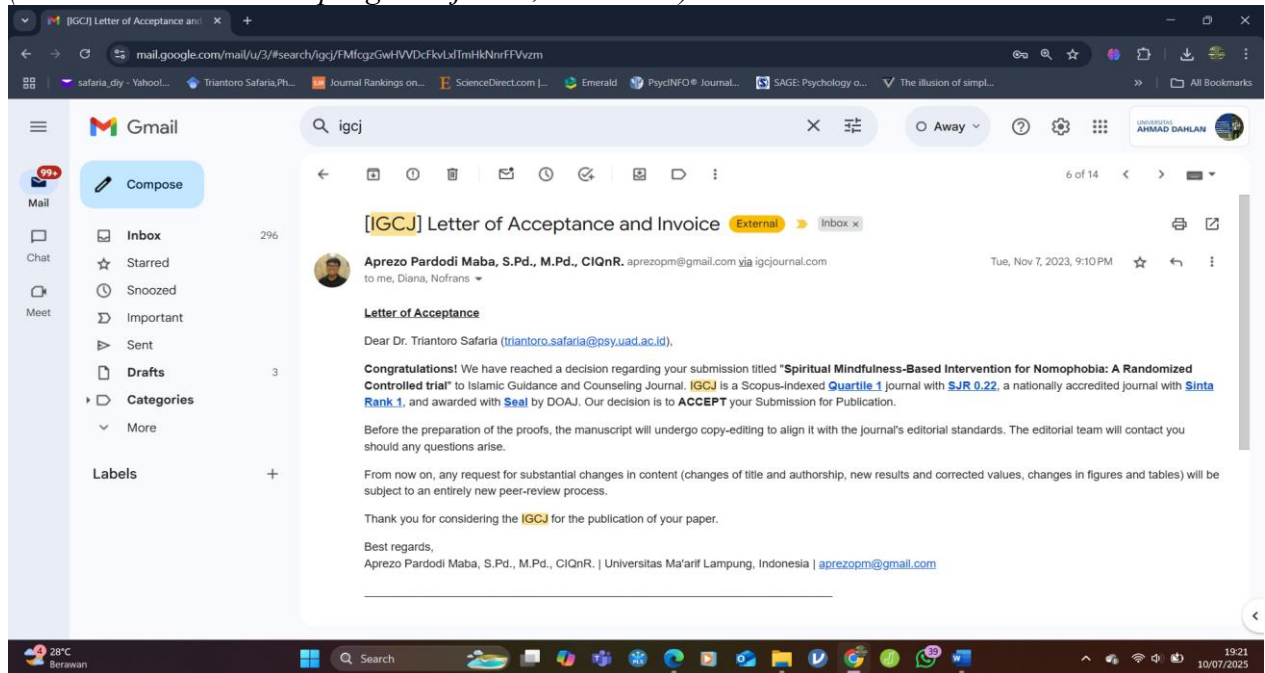
6. Email respon penulis Revisi II  
(screenshot email dan tabel perbaikan dari penulis)

<p><i>The intervention consisted of 15 sessions in 7 days, each lasting for 1.5 hours. The sessions encompassed various aspects, including spiritual-mindfulness techniques related to breathing sensation, body sensation, brain sensation, and feeling sensation all combined with dhikr uttering repetition (Ya Rahmaan Ya Rahiim). Additionally, the intervention included supplementary materials such as biofeedback sensation, emotion regulation management, self-control skills, and smartphone management.</i></p>	<p>It is difficult for other researchers to reproduce because the specific protocols or techniques (the module) used during each session are not described in detail.</p>	<p>Response : Other researchers interested in using the module can contact us. We cannot provide a detailed description of each training material in this article, as it would be excessive. Therefore, we will only outline the main themes of the materials within the modules. We explain in short description of each material content in table 1</p> <p>Table 1 <i>Description of Material Content in the Intervention</i></p> <table><tr><th>Module Material</th><th>Content Description</th></tr><tr><td>Breathing sensation</td><td>This material teaches and trains participants to become more aware of the breathing process, including awareness of the breath's pace, the flow of air in and out of the nose, throat, abdomen, and lungs, as well as awareness of any sensations that occur during the act of breathing.</td></tr><tr><td>Body sensation</td><td>This material teaches and trains participants to become more aware of every sensation occurring in their bodies, including muscles throughout the entire body, starting from the upper body, which is the head, down to the lower body, which is the feet. It also involves becoming aware of tension in their muscles and specific areas of their body. By being conscious of every sensation in their body, individuals will be able to control and achieve overall relaxation related to their body's condition.</td></tr></table>	Module Material	Content Description	Breathing sensation	This material teaches and trains participants to become more aware of the breathing process, including awareness of the breath's pace, the flow of air in and out of the nose, throat, abdomen, and lungs, as well as awareness of any sensations that occur during the act of breathing.	Body sensation	This material teaches and trains participants to become more aware of every sensation occurring in their bodies, including muscles throughout the entire body, starting from the upper body, which is the head, down to the lower body, which is the feet. It also involves becoming aware of tension in their muscles and specific areas of their body. By being conscious of every sensation in their body, individuals will be able to control and achieve overall relaxation related to their body's condition.
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Body sensation	This material teaches and trains participants to become more aware of every sensation occurring in their bodies, including muscles throughout the entire body, starting from the upper body, which is the head, down to the lower body, which is the feet. It also involves becoming aware of tension in their muscles and specific areas of their body. By being conscious of every sensation in their body, individuals will be able to control and achieve overall relaxation related to their body's condition.							

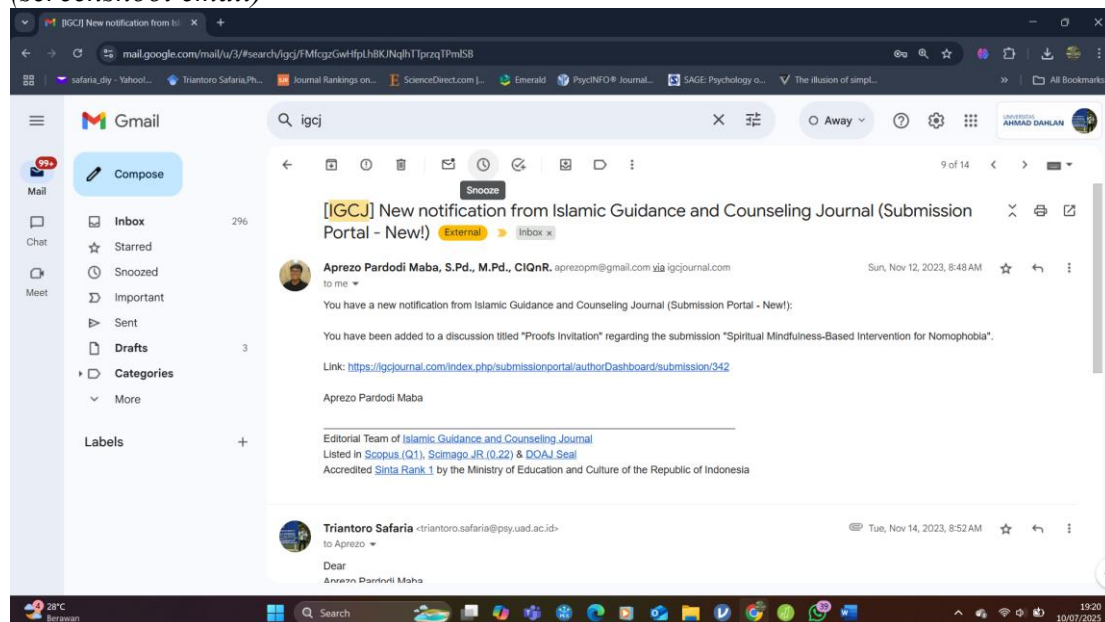
<p><i>The module was developed based on the theory of spiritual psychology and mindfulness-based intervention by the researcher. An expert panel was formed to evaluate the designed module. The expert panel consisted of four individuals specializing in clinical psychology, holding doctoral degrees, and having practiced psychotherapy for 10 years.</i></p>	<p>It is important to go into further detail about the expert panel's genuine suggestions. Did they express any worries? What changes were made?</p>	<p>Response : We just explain the main themes of the expert panel feedback. it would be excessive if we write down every feedback of expert panel.</p> <p><i>The expert panel consisted of four individuals specializing in clinical psychology, holding doctoral degrees, and having practiced psychotherapy for 10 years. The experts' specialties included psychotherapy, mindfulness intervention, and spirituality. Inputs from these experts were used to enhance the intervention module, aligning it with the intervention goals and making it more effective in achieving them. The expert panel's feedback covered various aspects, including session duration, content delivered to participants, homework materials, PowerPoint materials, and specific techniques that were refined for greater utility.</i></p>
<p><i>The data were analyzed using descriptive analysis and independent t-tests through gain scores and also general linear model by a blinded independent team to prevent research bias in the results.</i></p>	<p>Mention what application used for the statistical analysis.</p>	<p>Response : We have added what application we used for data analysis.</p> <p><i>The data were analyzed using descriptive analysis and independent t-tests through gain scores and also general linear model by a blinded independent team to prevent research bias in the results. Data analysis was conducted using Statistical Package for the Social Sciences program (SPSS version 25).</i></p>
<p>Anshari, M., Alas, Y., &amp; Sulaiman, E. (2019) Smartphone addictions and nomophobia among youth, <i>Vulnerable Children and Youth Studies</i>, 14:3, 242-247, DOI: <a href="https://doi.org/10.1080/17450128.2019.1614709">10.1080/17450128.2019.1614709</a></p>	<p>Please use APA Style consistently in the references.</p>	<p>Response : We have revised and edited the references according to APA 7.</p> <p>Anshari, M., Alas, Y., &amp; Sulaiman, E. (2019) Smartphone addictions and nomophobia among youth, <i>Vulnerable Children and Youth Studies</i>, 14(3), 242-247. DOI: <a href="https://doi.org/10.1080/17450128.2019.1614709">10.1080/17450128.2019.1614709</a></p>



## 7. Pemberitahuan Penerbitan/Accepted (screenshot email dari pengelola jurnal, bukti LOA)

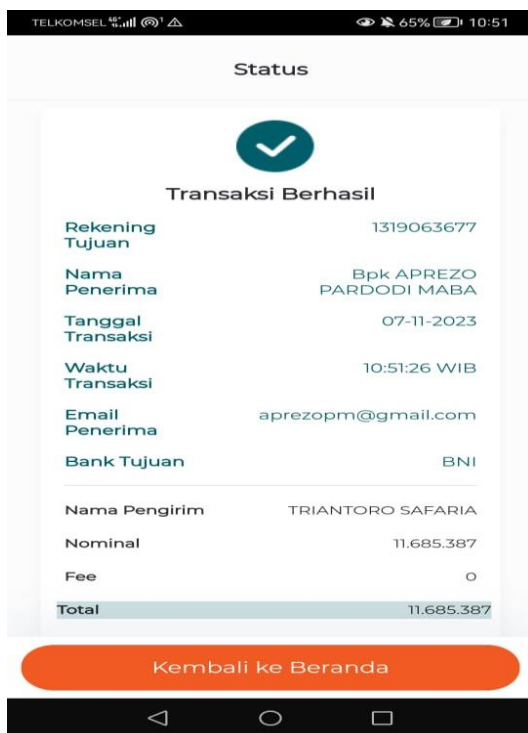
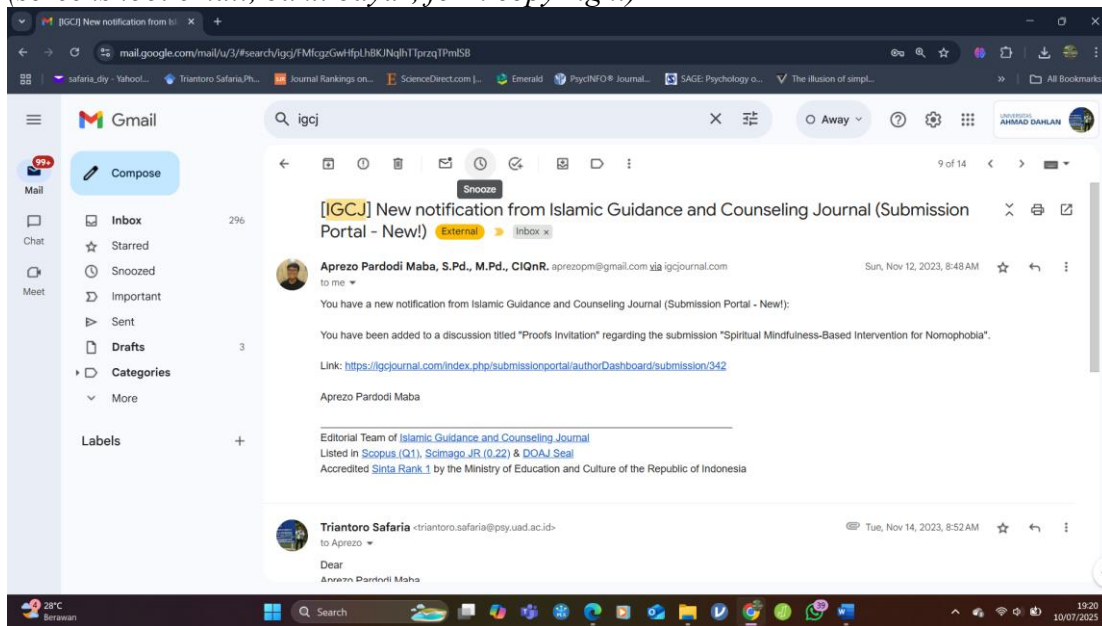


## 8. Permohonan Penyesuaian Konten Artikel/Galley Proof (screenshot email)

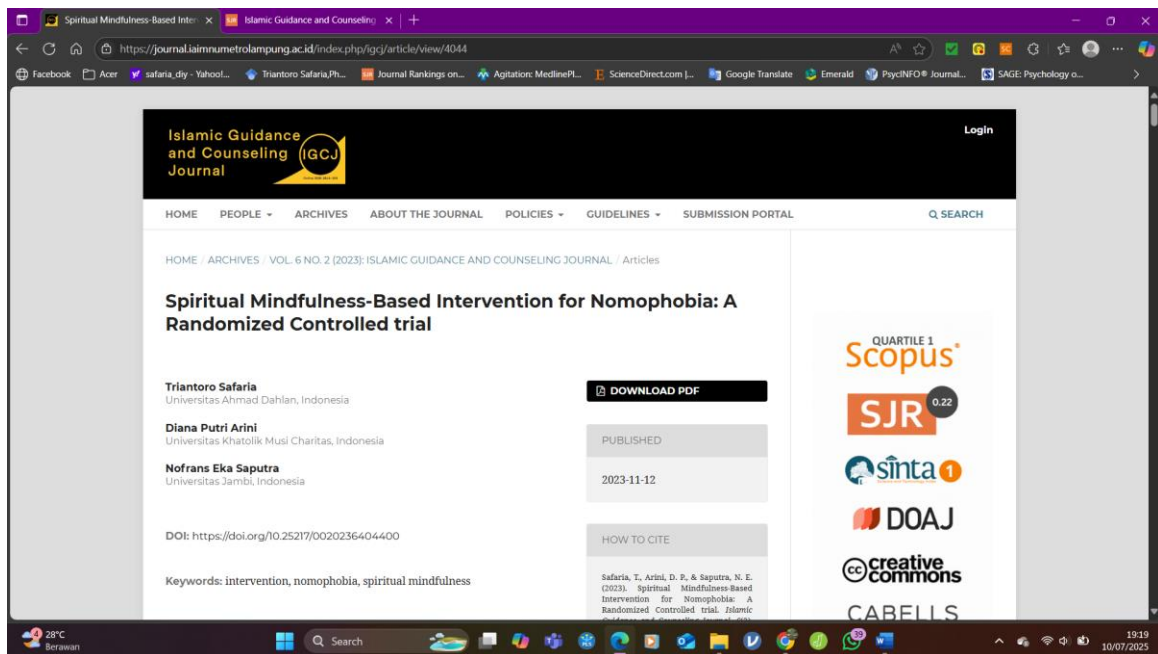
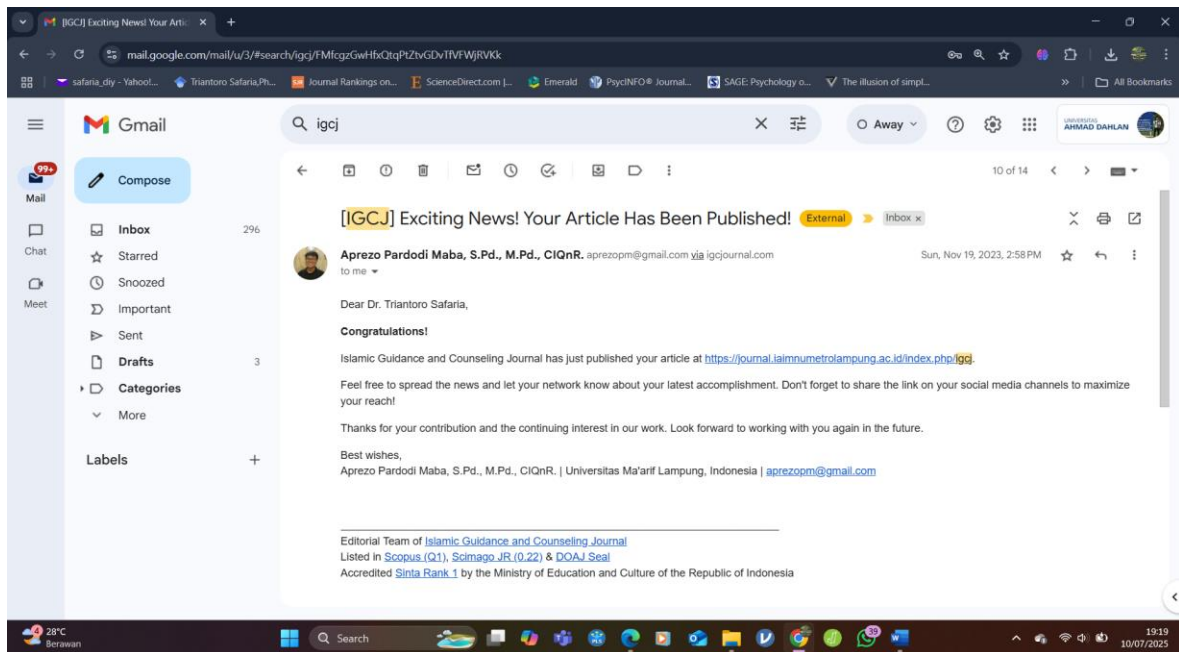




## 9. Pengiriman Revisi artikel final (screenshot email, bukti bayar, form copy right)



## 10. Penerbitan Artikel (artikel yang sudah terbit) (screenshot artikel yang sudah terbit dari web jurnal)



## RESPONSE TO REVIEWERS

I would like to thank the reviewers for their insightful feedback. All comments from Reviewer 1 and Reviewer 2 are highlighted in yellow

Comment 1: The number of participants indicated is 60, but if 50 is added to 16, you get 65.  
Serious mathematical issue happened here! 😊

Response: We sorry for the error. We have revised the number correctly. The correct number is 60 participants.

Comment 2: It seems an inconsistent citation pattern occurred.

Response: We have revised the citation accordingly, and thoroughly check all citation in manuscript.

Comment 3: This statement might be too oversimplified. With that said, it would be more accurate to state that these variables contributed to the phenomenon.

Response: We have revised the statement for more logical

Comment 4: Unclear meaning! The word “new” might be related to the time of cited studies (2017, 2019, 2021, 2022, 2023). Clarification required!

Response: We have revised and added clarification. This word mean that nomophobia is a new type of disorder related to smartphone use as many expert said it.

Comment 5: A bridge is needed for a better transition. So, the discussion from mindfulness to spirituality will not be abrupt.

Response: We have added a bridge sentence for a better transition

Comment 6: It should be “For a muslim” or “For muslims”

Response: We have revised. It should be Muslims

Comment 7: Apaci and friends, so, it should be HAVE

Response: We have revised the word appropriately

Comment 8: Please be consistent, is should be either “Muslim” or “Muslims”.

Response: We have revised the word appropriately. It should be Muslims

Comment 9: But, there is only one “Hypothesis” included. If there are multiple hypotheses, it would be better to list them all.

Response: We have revised the word appropriately. The title should be hypothesis.

Comment 10: The participant recruitment method introduces potential selection bias as. This should be critically evaluated.

Response: We have added an explanation why we used whatsapp group to inform about the experimental study to potential participants.

Comment 11: A total 60 or 65 participants?

Response: We have revised the correct number. We sorry for this error. The correct number is 60

Comment 12: This section should be placed after the “participants” section.

Response: We have moved the section as reviewer’s suggestion

Comment 13: A detail about how the website or application works should be explained.

Response: We have added information about random.org. thank you for your suggestion.

Comment 14: Specify the session frequency, once a week or every other day.

Response: We have added information about the session

Comment 15: Please elaborate the qualifications or training of the facilitators.

Response: We have added information about facilitators qualification.

Comment 16: It is difficult for other researchers to reproduce because the specific protocols or techniques (the module) used during each session are not described in detail.

Response : Other researchers interested in using the module can contact us. We cannot provide a detailed description of each training material in this article, as it would be excessive. Therefore, we will only outline the main themes of the materials within the modules. We explain in short description of each material content in table 1

Comment 17: It is important to go into further detail about the expert panel's genuine suggestions. Did they express any worries? What changes were made?

Response : We just explain the main themes of the expert panel feedback. it would be excessive if we write down every feedback of expert panel.

Comment 18: linear

Response : we have revised the word. Thank you.

Comment 19: Mention what application used for the statistical analysis.

Response : We have added what application we used for data analysis.

Comment 20: 60 or 65????

Response : We have revised the total number of participants.

Comment 21: Please use APA Style consistently in the references.

Response : We have revised and edited the references according to APA 7.