



SDI Review Form 1.6

Journal Name:	Journal of Advances in Medical and Pharmaceutical Sciences
Manuscript Number:	Ms_JAMPS_28297
Title of the Manuscript:	The effectiveness of reality therapy concepts on self-esteem of the elderly people in the mental health center of Aramesh in Parsabad
Type of the Article	Original Research Article

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This journal's peer review policy states that **NO** manuscript should be rejected only on the basis of '**lack of Novelty**', provided the manuscript is scientifically robust and technically sound.

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PART 1: Review Comments

	Reviewer's comment	Author's comment (if agreed with reviewer, correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)
Compulsory REVISION comments	1) Please check reference years in research method. Line No. 127, 129 and 130. 2) Please describe the software of the statistical analysis. 3) I think that conclusion is too long. I think that it is discussion. Please reconsideration in this section.	Shahbazzadegan et al reported reliability of 0.85 for this questionnaire among elderly population of old people's retirement (Shahbazzadegan et al, 1387). To analyze data SPSS-20 was used. Conclusion The aim of this study was to examine the effectiveness of concepts of reality therapy training on self-esteem of the elderly. The results of the present study show that training concepts of reality therapy is effective among the elderly. The findings of this study are aligned with the results of studies of Harris, Peterson, Chang and Collins (1995), Hedman (2000), Kadena (2007), Glasser (2008), kim (2009), Deb (2009), Moradi Shahrababak, et al. (2010) and Khazan, et al. (2014). On the other hand, Moradi Shahrababak, Ghanbari Hashemabadi and Agha Mohamadian Sherbaf (2010) showed that reality therapy is effective on increasing self-esteem of students in a group way. As it has been revealed in different studies, in explaining the mentioned findings can be noted that self-esteem is highly correlated with components such as responsibility and internal control. If people think about themselves positively and realistically, they can experience feeling worthy. One of the reasons that caused scores of experimental group increase after 8 sessions is that during these sessions



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		ns based on reality therapy approach clients were trained to identify their basic needs and meet them properly because satisfying basic needs in a proper way leads to increase in self-esteem. Thus, regarding what was already mentioned and based on previous studies, the effectiveness of the concepts of reality therapy on increasing self-esteem of the elderly can be achieved. Also, there is a consistency between results of this study and mentioned researches, and the world of quality that is the image people have of themselves is influential on their self-esteem. If people have a positive image of themselves and their images of themselves are positive in the world of quality, their self-esteem will be higher. Peteson, Chang and Coulins J (1995) conducted a research on satisfying students' needs and found that satisfying basic needs of experimental group increased after counseling sessions of reality therapy and training choice theory (Sardarabadi, 2006). And finally, Lopes and Kerr's research (2006) has shown that group training can have significant impact on developing and increasing the sense of optimism, happiness and hope of the elderly. The results of this study show that the elderly participating in group sessions compared to when they had not participated in the sessions, they feel more happiness. So, one of the reasons that has caused increase scores of experimental group after the intervention sessions is that during these sessions based on the theory of reality therapy an attempt was made clients change their negative world of quality about themselves to a positive one. Also, the clients are trained to meet their basic needs properly, because meeting basic
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		c needs in a proper way results in increased self-esteem. Glasser's idea is a desirable and useful idea on how to avoid the controlled orientation and help people to find positive choices and options (Barness R, Parish TS, 2006). Also, Glasser believes that sense of responsibility and control and appropriate satisfying needs, especially the need for love and belonging that are met properly in the group lead to improvement in mental health (Barness R, Parish TS, 2006). « Langer » and « Robin » state that control and responsibility and the feeling that we can do our works ourselves cause improvement in mental health in the elderly. Regarding the mentioned cases, it seems that training concepts of reality therapy could increase sense of control and responsibility in the elderly and to some extent it is effective on properly satisfying their needs; therefore, it seems logical that this method can be used to promote self-esteem and mental health of the elderly. P value indicated in table 4. (p<5 %). Method . Procedure . Conclusion.
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	4) Please describe p value in Table 3. 5) Please confirm the appearance. For example 1, line No. 17 ($p < 5\%$ → $p < 5\%$). For example 2, introduction → method → result → discussion → conclusion.	
<u>Minor</u> REVISION comments	Noting	
<u>Optional/General</u> comments		