

REVIEWER'S REPORT

Manuscript No.: IJAR-55211

Title: The effectiveness of video-based educational intervention regarding self-management of common side effects of external radiation therapy among the patients of head and neck cancer undergoing external radiation therapy in Mizoram

Recommendation:

Accept as it is

Accept after minor revision.....

Accept after major revision

Do not accept (*Reasons below*) ...

Rating	Excel.	Good	Fair	Poor
Originality		√		
Techn. Quality		√		
Clarity		√		
Significance		√		

Reviewer Name: Professor Dr Dillip Kumar Mohapatra

Detailed Reviewer's Report

Title

The effectiveness of video-based educational intervention regarding self-management of common side effects of external radiation therapy among patients with head and neck cancer in Mizoram

General Comments

This manuscript addresses an important and clinically relevant issue in oncology nursing and patient education namely, improving patients' knowledge regarding self-management of radiation therapy-related side effects through a video-based educational intervention. The study is contextually grounded in Mizoram, a region with a high burden of head and neck cancer, and provides valuable evidence on the feasibility and effectiveness of low-cost, technology-based patient education in a resource-limited setting.

Strengths of the Study

Contextual and Regional Relevance

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The study is conducted at the Mizoram State Cancer Institute, the only radiation therapy center in the state, making the findings highly relevant to regional cancer care.

Addresses a population with high incidence of head and neck cancer and limited access to structured patient education.

Clear Objective and Focus

The study objective is well defined and consistently addressed throughout the manuscript.

Focuses specifically on self-management of common radiation side effects, which is clinically meaningful.

Use of a Structured and Validated Tool

The structured knowledge questionnaire underwent content validation by experts and demonstrated high reliability ($r = 0.95$).

Translation and back-translation into the Mizo language enhances cultural and linguistic appropriateness.

Well-Designed Educational Intervention

The video was developed systematically using literature review and expert validation.

Inclusion of Mizo subtitles improves accessibility and comprehension.

Ethical Rigor

Ethical clearance obtained from an institutional ethics committee.

Written informed consent and confidentiality were maintained.

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Appropriate Statistical Analysis

Use of paired t-test is suitable for the pre-test–post-test design.

Results are clearly presented with mean, median, standard error, and p-values.

Weaknesses / Limitations

Study Design

The pre-experimental one-group pre-test–post-test design lacks a control group, which limits causal inference.

Potential threats such as testing effect and maturation cannot be ruled out.

Sample Size

The sample size is relatively small ($n = 30$), which limits generalizability.

Participants were selected using purposive sampling, increasing the risk of selection bias.

Outcome Measurement

The study measures knowledge gain only; it does not assess:

Actual self-management practices

Reduction in severity of side effects

Treatment adherence or quality of life outcomes

Short Follow-up Period

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Post-test was conducted on the 8th day only, providing no information on long-term knowledge retention or behavior change.

Overstatement of Effectiveness

While knowledge improvement is significant, conclusions should avoid implying clinical outcome improvement without supporting data.

Scientific and Clinical Significance

The study contributes valuable evidence supporting **video-based education as an effective patient education strategy** in oncology settings.

It is particularly significant for **resource-limited regions**, where manpower constraints limit individualized patient counseling.

The findings support the integration of **multimedia educational tools** into routine cancer care to enhance patient empowerment and self-management.

The study adds to the limited literature on **culturally adapted patient education interventions** in Northeast India.

Key Points of the Manuscript

Head and neck cancer patients undergoing radiation therapy have substantial informational needs.

A culturally adapted, video-based educational intervention significantly improved patients' knowledge of self-management of radiation side effects.

Post-test knowledge scores were significantly higher than pre-test scores ($t = 11.37$, $p < 0.001$).

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Video-based education is a feasible, low-cost, and effective educational strategy in oncology care.