

Peer Review

Review of: "Slow Deep Breathing Exercises Are of Value in Improving Blood Glucose Levels in Type 2 Diabetes: A Controlled Clinical Trial"

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The manuscript "Slow Deep Breathing Exercises Are of Value in Improving Blood Glucose Levels in Type 2 Diabetes: A Controlled Clinical Trial" suffers from weak evidence.

The conclusion "Physical therapy could act as an adjuvant intervention in controlling blood glucose in T2DM" mismatches the provided evidence. It indicates that data interpretation is not precise.

Poor introduction because the authors did not mention the major gaps between the current study and the previous study.

Data cannot fully support "Therefore, we thought that deep breathing could overcome autonomic neuropathy; improve SpO₂; and alleviate stress leading to lowering blood glucose in T2DM patients." Because the data did not provide autonomic neuropathy and level of stress. I strongly suggest adding autonomic parameters and a stress questionnaire.

Results cannot support the conclusion.

Results are too weak due to only "glucose level".

Declarations

Potential competing interests: No potential competing interests to declare.