

Peer Review

Review of: "Efficacy of Aromatherapy on Children: A Systematic Review with Meta-Analysis"

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This study is a systematic review and meta-analysis investigating the effects of aromatherapy on pain, anxiety, sleep duration, and stress in children. The topic is topical and clinically valuable, shedding light on both the role of complementary therapies in paediatrics and the importance of non-pharmacological methods. The use of meta-analytic methods provides a quantitative contribution to the literature, which distinguishes this study from other qualitative reviews.

-Comprehensive data search: The authors assessed the literature in a highly inclusive manner by searching many databases (Cochrane, PubMed, EMBASE, etc.).

-Protocol registration and methodology: The fact that the study was registered in PROSPERO and conducted by PRISMA guidelines increases methodological transparency.

-Although the effects achieved were large, the quality of evidence was rated as 'very low' for all outcomes according to the GRADE assessment. This indicates that the results should be treated with caution.

-I would say that there is heterogeneity due to possible methodological differences among the studies. Possible causes of heterogeneity can be analysed.

-The fact that most of the studies were conducted in Asian countries limits the universal validity of the findings in terms of cultural differences. This should be emphasised more clearly in the discussion section.

In summary, my revision suggestions are as follows:

In the Discussion section, the effects of the very low quality of evidence should be expressed more clearly, and the reader should be prevented from making wrong inferences.

Factors causing heterogeneity (age ranges, differences in practice, diversity of settings, measurement tools used) should be categorised more systematically or expanded upon in the discussion section.

The problem of cultural impact and generalisability should be addressed in more detail, and the limitations of applicability in Western countries should be clearly stated.

Sincerely,

Declarations

Potential competing interests: No potential competing interests to declare.