

PEER REVIEW HISTORY

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ARTICLE DETAILS

TITLE (PROVISIONAL)	Students' Perceptions and Experiences of an Online Wellbeing Program: A Phenomenological Study Protocol
AUTHORS	Escuadra, Catherine Joy; Chiong Maya, Arlene; Nava, Jordan Barbra; Vergara, Jose Avelino; Bea, Trisha Coleen; Javier, Angelo Miguel; Karamihan, Francine; Padilla, Diane Pauline; Reyes, Albert Josef; SAMONTE, JULIA; Serrano, Sophia Ivonne

VERSION 1 – REVIEW

REVIEWER	Tabootwong , Watchara Burapha University
REVIEW RETURNED	29-Jul-2023

GENERAL COMMENTS	<p>1. Topic Students' Perceptions and Experiences of an Online Wellbeing Program: A Phenomenological Study It was general topic. It may be qualitative study as content analysis, However, if we need to focus on phenomenological study, it should be focused on experiences of learning/ participating/using the online wellbeing program that it was designed for students.</p> <p>2. Methodology <ul style="list-style-type: none"> • Page 5 Line 22: Authors will used phenomenological method to comprehend factors that may impact the participants' experiences and perceptions. If authors would like to find out factors. Quantitative research may be conducted. However, if we will use phenomenological approach, we must know what the aim of this method is. It should relate to philosophy as you will use descriptive phenomenological approach or interpretive phenomenological approach. You may be written as phenomenological study should be conducted to deeply describe how those factors related to impact of learning the program according with participants' perception. • Study design, to be clear and make readers understanding, authors may write sub-heading as following: Study design, Recruitment, sampling, and sample, Data collection, Data analysis, as well as Trustworthiness of the findings. • Page 5 Line 52, what kind of phenomenological approach will be used in this study? or what is philosophy that it will be applied? Descriptive phenomenological method based on philosophy of Husserl or interpretive phenomenological methods based on philosophy of Heidegger. • Page 7 Line 18, How to know enough information? Reasons or description should be given. • Page 8 Line 19-22, Development of Guide Questions, how to develop semi-structured interview. It was designed from your </p>
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	<p>review literature or other ways. Could you give examples of interview guide. Additionally, who is expert? either expert in doing qualitative researchers or experts in the field related to this study is important. Please, consider an independent expert will be enough or not...</p> <ul style="list-style-type: none"> • Page 19 Line 36, External auditor, I would like to ask what kind of phenomenological method is. Descriptive or interpretive phenomenological approach. If researchers will use descriptive phenomenological study, bracketing in phenomenological research should be considered since research design, data collection, and data analysis as methodology. That is, data need to interpret by external research team, or it is not essential for descriptive phenomenological study because researcher need real experiences without researcher's interpretation? • To ensure transferability, The checklist COREQ can be used before publishing. • Figure 2, the process flow of methodology, it should start at first step of formulate research questions, aims, research design, data collection, data analysis and others. But Figure 2 was started at formulation interview guidelines. Is it the process of gartering data? <p>I would like to suggest that research team should consider the type of phenomenological methods (Descriptive or interpretive phenomenological study). Moreover, every step of doing phenomenological study will be conducted following the selected philosophy. How to determine the research questions, aim of research, data collection and analysis focusing on the descriptive phenomenological study/ interpretation.</p> <ul style="list-style-type: none"> • Strengths and Limitations of the Study, it looks like general steps of doing qualitative research. Strengths should show how your study is different from other studies.
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VERSION 1 – AUTHOR RESPONSE

Reviewer 1	
<p>It was general topic. It may be qualitative study as content analysis, However, if we need to focus on phenomenological study, it should be focused on experiences of learning/ participating/using the online wellbeing program that it was designed for students.</p>	<p>To highlight that the study will focus on the experiences of participants, sample focus group discussion questions were included in the methodology section (Development of Guide Questions):</p> <p>“Below are some example questions that will focus on the perceptions and experiences of the participants:</p> <ol style="list-style-type: none"> 1. What experiences have you had that influenced your consideration of participation? <ol style="list-style-type: none"> a. Probe: Have you had success with your health and wellness goals since choosing to participate in the wellbeing program? <ol style="list-style-type: none"> i. Probe: Can you enumerate those successes and why did you say that

	<p>those are the effects of the well-being program to you?</p> <p>b. Probe: Do you feel there is anything else that should be offered regarding the wellbeing program that would increase participation?</p> <p>i. Probe: If yes, kindly give your suggestions. If not, why did you say so?"</p>
<p>Authors will use phenomenological method to comprehend factors that may impact the participants' experiences and perceptions. If authors would like to find out factors. Quantitative research may be conducted. However, if we will use phenomenological approach, we must know what the aim of this method is. It should relate to philosophy as you will use descriptive phenomenological approach or interpretive phenomenological approach. You may be written as phenomenological study should be conducted to deeply describe how those factors related to impact of learning the program according with participants' perception.</p>	<p>To clarify the focus of the paper, the following statements were revised under the methodology section (Study design):</p> <p>"The study will utilize a descriptive phenomenological design to describe the lived experiences of individuals regarding a phenomenon and serves to understand their common or shared experiences of a phenomenon. Through this, the researchers can understand the individual's perceptions, perspectives, and understandings of a particular phenomenon. Other studies about implementing a wellbeing program also used a phenomenological study design to examine the effects of a peer-led intervention on the wellbeing of university students."</p>
<p>Study design, to be clear and make readers understanding, authors may write sub-heading as following: Study design, Recruitment, sampling, and sample, Data collection, Data analysis, as well as Trustworthiness of the findings.</p>	<p>The subheadings were revised as recommended.</p>
<p>What kind of phenomenological approach will be used in this study? or what is philosophy that it will be applied? Descriptive phenomenological method based on philosophy of Husserl or interpretive phenomenological methods based on philosophy of Heidegger.</p>	<p>The study will utilize a descriptive phenomenological design. The following statements were revised under the methodology section (Study design) to highlight the appropriateness of the chosen design:</p> <p>"The study will utilize a descriptive phenomenological design to describe the lived experiences of individuals regarding a phenomenon and serves to understand their common or shared experiences of a phenomenon. Through this, the researchers can understand the individual's perceptions, perspectives, and understandings of a particular phenomenon. Other studies about implementing a wellbeing program also used a phenomenological study design to examine the effects of a peer-led intervention on the wellbeing among university students."</p>

<p>How to know enough information? Reasons or description should be given.</p>	<p>The statement below based on a previous study by Ahorsu (2021) was added about data saturation</p> <p>“Data saturation is reached when participants have no additional information or input to give.”</p>
<p>Development of Guide Questions, how to develop semi-structured interview. It was designed from your review literature or other ways. Could you give examples of interview guide.</p> <p>Additionally, who is expert? either expert in doing qualitative researchers or experts in the field related to this study is important. Please, consider an independent expert will be enough or not...</p>	<p>Sample focus group discussion questions were included in the methodology section (Development of Guide Questions):</p> <p>“Below are some example questions that will focus on the perceptions and experiences of the participants:</p> <ol style="list-style-type: none"> 2. What experiences have you had that influenced your consideration of participation? <ol style="list-style-type: none"> a. Probe: Have you had success with your health and wellness goals since choosing to participate in the wellbeing program? <ol style="list-style-type: none"> i. Probe: Can you enumerate those successes and why did you say that those are the effects of the well-being program to you? b. Probe: Do you feel there is anything else that should be offered regarding the wellbeing program that would increase participation? <ol style="list-style-type: none"> i. Probe: If yes, kindly give your suggestions. If not, why did you say so?” <p>The statement below which provided more description about the independent qualitative expert was included in the methodology section:</p> <p>“These will be reviewed and validated by an independent qualitative research expert with previous experience in FGD facilitation, training on health and education research, and publications involving qualitative methodologies.”</p>
<p>External auditor, I would like to ask what kind of phenomenological method is. Descriptive or interpretive phenomenological approach. If researchers will use descriptive phenomenological study, bracketing in phenomenological research should be considered since research design, data collection, and data analysis as methodology. That is, data need to interpret by external research team, or it is not essential for descriptive phenomenological study because</p>	<p>Upon careful consideration, the research team removed the external auditor as part of the methodology of the study.</p>

researcher need real experiences without researcher's interpretation?	
To ensure transferability, The checklist COREQ can be used before publishing.	<p>The statement below was revised in the methodology section (Study Design):</p> <p>"To ensure transferability for publication, the study will abide by the Consolidated Criteria for Reporting Qualitative Research (COREQ) guidelines."</p>
Figure 2 , the process flow of methodology, it should start at first step of formulate research questions, aims, research design, data collection, data analysis and others. But Figure 2 was started at formulation interview guidelines. Is it the process of gathering data?	<p>Thank you very much for the suggestion. However, the researchers have decided to retain the figure as it aims to illustrate the process needed in the gathering of data needed for the study, not the conceptualization of the whole study.</p>
Strengths and Limitations of the Study , it looks like general steps of doing qualitative research. Strengths should show how your study is different from other studies.	<p>The strengths and limitation of the study were revised as follow to highlight the distinct features of the study:</p> <ul style="list-style-type: none"> • The research will utilize a descriptive phenomenological approach using available online tools to explore the participants' perceptions and experiences specific to students undertaking rehabilitation science programs. • The study will carefully select participants who were able to complete the novel online wellbeing program for undergraduate rehabilitation science programs. • The study will utilize externally validated questions that will focus specifically on the relevant perceptions and experiences of students who underwent the online wellbeing program. • The study will utilize a rigorous thematic analysis approach, a crucial method used to comprehend a collection of experiences, thoughts, or behaviors within a data set. • The generalizability of the study may only be limited to participants and settings with similar characteristics as the study.