

## **Chewing gum and stress reduction**

Andrew P. Smith

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Handling editor:

Michal Heger

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Review timeline:

Received: 26 March, 2016  
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Revision received: 23 April, 2016  
Editorial decision: 23 April, 2016  
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1<sup>st</sup> editorial decision:

Date: 1-Apr-2016

Ref.: Ms. No. JCTRes-D-16-00010  
Chewing gum and stress reduction  
Journal of Clinical and Translational Research

Dear Professor Smith,

Reviewers have submitted their critical appraisal of your paper. The reviewers' comments are appended below. Based on their comments and evaluation by the editorial board, your work was FOUND SUITABLE FOR PUBLICATION AFTER MINOR REVISION.

If you decide to revise the work, please itemize the reviewers' comments and provide a point-by-point response to every comment. An exemplary rebuttal letter can be found on at <http://www.jctres.com/en/author-guidelines/> under "Manuscript preparation." Also, please use the track changes function in the original document so that the reviewers can easily verify your responses.

Your revision is due by Apr 26, 2016.

To submit a revision, go to <http://jctres.edmgr.com/> and log in as an Author. You will see a menu item call Submission Needing Revision. You will find your submission record there.

Yours sincerely

Michal Heger  
Editor-in-Chief  
Journal of Clinical and Translational Research

\*\*\*\*\*Reviewers' comments\*\*\*\*\*

Reviewer #1: The review is very interesting and suggests a correlation between chewing gum and stress reduction. I think the topic is worthy of attention, although the number of studies regarding this parallelism seems very small. Indeed the reference section is pretty poor: are mentioned only 21 works, including many relating to the same author.

May I suggest to implement the literature search, perhaps by including also the studies on the possible correlation between chewing gum and tobacco withdrawal(with or without nicotine)? Moreover, it would be quite interesting to devote few words also to the dark side of the problem: chewing gum habit addiction.

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Authors' rebuttal:

Date: 23-Apr-2016

Ref.: Ms. No. JCTRes-D-16-00010  
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Response to Reviewers' comments:

Reviewer #1: The review is very interesting and suggests a correlation between chewing gum and stress reduction. I think the topic is worthy of attention, although the number of studies regarding this parallelism seems very small. Indeed the reference section is pretty poor: are mentioned only 21 works, including many relating to the same author.

*A section has now been added showing the extent of the literature and some recent articles added.*

May I suggest to implement the literature search, perhaps by including also the studies on the possible correlation between chewing gum and tobacco withdrawal(with or without nicotine)?

*A section on chewing gum and tobacco withdrawal has now been added but a section on nicotine gum is outside of the remit of the article.*

Moreover, it would be quite interesting to devote few words also to the dark side of the problem: chewing gum habit addiction.

*These have now been added to the end of the article.*

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2<sup>nd</sup> editorial decision:

Date: 23-Apr-2016

Ref.: Ms. No. JCTRes-D-16-00010R1  
Chewing gum and stress reduction  
Journal of Clinical and Translational Research

Dear Professor Smith,

I am pleased to inform you that your manuscript has been accepted for publication in the Journal of Clinical and Translational Research.

Comments from the editor and reviewers can be found below.

Thank you for submitting your work to JCTR.

Kindest regards,

Michal Heger  
Editor-in-Chief  
Journal of Clinical and Translational Research

Comments from the editors and reviewers:

The author has sufficiently addressed the reviewer's comments to warrant publication of the manuscript in the revised form.