Editor
Ela Tarakcı
Department of Physiotherapy and Rehabilitation, Istanbul University-Cerrahpaşa Faculty of Health Sciences, Istanbul, Turkey

Section Editors
Gerontology
Ahmet Akgül
Department of Gerontology, Istanbul University-Cerrahpaşa Faculty of Health Sciences, Istanbul, Turkey

Healthcare Management
Banu Kumbasar
Department of Healthcare Management, Istanbul University-Cerrahpaşa Faculty of Health Sciences, Istanbul, Turkey

Physiotherapy and Rehabilitation
Burcu Ersöz Hüseyinsinoğlu
Department of Physiotherapy and Rehabilitation, Istanbul University-Cerrahpaşa Faculty of Health Sciences, Istanbul, Turkey

Ergotherapy
Esra Aki
Department of Ergotherapy, Hacettepe University Faculty of Health Sciences, Ankara, Turkey

Midwifery
Neslihan Keser Özcan
Department of Midwifery, Istanbul University-Cerrahpaşa Faculty of Health Sciences, Istanbul, Turkey

Social Work
Taner Artan
Department of Social Work, Istanbul University-Cerrahpaşa Faculty of Health Sciences, Istanbul, Turkey

Audiology
Zahra Polat
Department of Language and Speech Therapy, University of Health Sciences, Hamidiye Faculty of Health Sciences, Istanbul, Turkey
AIMS AND SCOPE

Archives of Health Science and Research (Arc Health Sci Res) is a scientific, open access periodical published in accordance with independent, unbiased, and double-blinded peer-review principles. The journal started its publication life in 2014 as the Journal of Health Sciences and Professions. As of 2020 issues the journal has changed its title to Archives of health Science and Research. The journal is the official online-only publication of Istanbul University-Cerrahpaşa Faculty of Health Science, and it is published triannually in February, June, and October. The publication languages of the journal are Turkish and English.

The aim of the journal is to publish original articles, reviews, rare case report and letters to the editors of the highest scientific and clinical value in health sciences as physiotherapy and rehabilitation, health management, social work, nursing, midwifery, language and speech therapy, audiology, ergotherapy and gerontology.

The target audience of the journal includes all health professionals who are members of the health team.

The editorial and publication processes of the journal are shaped in accordance with the guidelines of the International Committee of Medical Journal Editors (ICMJE), World Association of Medical Editors (WAME), Council of Science Editors (CSE), Committee on Publication Ethics (COPE), European Association of Science Editors (EASE), and National Information Standards Organization (NISO). The journal is in conformity with the Principles of Transparency and Best Practice in Scholarly Publishing (doaj.org/bestpractice).

Archives of Health Science and Research indexed in Scopus and TUBITAK ULAKBIM TR Index.

All expenses of the journal are covered by the Istanbul University-Cerrahpaşa. Processing and publication are free of charge with the journal. No fees are requested from the authors at any point throughout the evaluation and publication process. All manuscripts must be submitted via the online submission system, which is available at www.archhealthscires.org. The journal guidelines, technical information, and the required forms are available on the journal’s web page.

Statements or opinions expressed in the manuscripts published in the journal reflect the views of the author(s) and not the opinions of the Istanbul University-Cerrahpaşa Faculty of Health Science, editors, editorial board, and/or publisher; the editors, editorial board, and publisher disclaim any responsibility or liability for such materials.

Archives of Health Science and Research is an open access publication, and the journal’s publication model is based on Budapest Open Access Initiative (BOAI) declaration. All published content is available online, free of charge at www.archhealthscires.org. The journal’s content is licensed under a Creative Commons Attribution-NonCommercial 4.0 International License.

Editor in Chief: Ela Tarakçı
Address: Istanbul University-Cerrahpaşa Faculty of Health Sciences, Büyükçekmece, Istanbul, TURKEY
Phone: +90 212 866 37 00
E-mail: etarakci@iuc.edu.tr

Publisher: Cordus
Address: Büyükdere Cad., 105/9 34394, Mecidiyeköy, Şişli, Istanbul, TURKEY
Phone: +90 212 272 13 50
E-mail: info@cordus.com.tr
Web page: cordus.com.tr
INSTRUCTIONS TO AUTHORS

Archives of Health Science and Research (Arch Health Sci Res) is a scientific, open access periodical published in accordance with independent, unbiased, and double-blinded peer-review principles. The journal started its publication life in 2014 as the Journal of Health Sciences and Professions. As of 2020 issues the journal has changed its title to Archives of Health Science and Research. The journal is the official online-only publication of Istanbul University-Cerrahpaşa Faculty of Health Science, and it is published triannually in February, June, and October. The publication languages of the journal are Turkish and English.

The aim of the journal is to publish original articles, reviews, rare case report and letters to the editors of the highest scientific and clinical value in health sciences as physiotherapy and rehabilitation, health management, social work, nursing, midwifery, language and speech therapy, audiology, ergotherapy and gerontology.

The target audience of the journal includes all health professionals who are members of the health team.

EDITORIAL AND PUBLICATION PROCESS

The editorial and publication processes of the journal are shaped in accordance with the guidelines of the International Committee of Medical Journal Editors (ICMJE), World Association of Medical Editors (WAME), Council of Science Editors (CSE), Committee on Publication Ethics (COPE), European Association of Science Editors (EASE) and National Information Standards Organization (NISO). The journal conforms to the Principles of Transparency and Best Practice in Scholarly Publishing (doaj.org/bestpractice).

Originality, high scientific quality, and citation potential are the most important criteria for a manuscript to be accepted for publication. Manuscripts submitted for evaluation should not have been previously presented or already published in an electronic or printed medium. The journal should be informed of manuscripts that have been submitted to another journal for evaluation and rejected for publication. The submission of previous reviewer reports will expedite the evaluation process. Manuscripts that have been presented in a meeting should be submitted with detailed information on the organization, including the name, date, and location of the organization.

PEER REVIEW PROCESS

Manuscripts submitted to Archives of Health Science and Research will go through a double-blind peer-review process. Each submission will be reviewed by at least two external, independent peer reviewers who are experts in their fields in order to ensure an unbiased evaluation process. The editorial board will invite an external and independent editor to manage the evaluation processes of manuscripts submitted by editors or by the editorial board members of the journal. The Editor in Chief is the final authority in the decision-making process for all submissions.

ETHICAL PROCEDURES

An approval of research protocols by the Ethics Committee in accordance with international agreements (World Medical Association Declaration of Helsinki “Ethical Principles for Medical Research Involving Human Subjects,” amended in October 2013, www.wma.net) is required for experimental, clinical, and drug studies and for some case reports. Ethics committee reports and permission reports from the institutions must be submitted to the online manuscript evaluation system during the initial submission.

For manuscripts concerning experimental research on humans, a statement should be included that shows that written informed consent of patients and volunteers was obtained following a detailed explanation of the procedures that they may undergo. For studies carried out on animals, the measures taken to prevent pain and suffering of the animals should be stated clearly.

Information on patient consent, the name of the ethics committee, and the ethics committee approval number should also be stated in the Materials and Methods section of the manuscript. It is the authors’ responsibility to protect the patients’ anonymity carefully.

For photographs that may reveal the identity of the patients, signed releases of the patient or their legal representative should be enclosed, and the publication approval must be provided in the Materials and Methods section.

PLAGIARISM

Archives of Health Science and Research is extremely sensitive about plagiarism. All submissions are screened by a similarity detection software (iThenticate by CrossCheck) at any point during the peer-review and/or production process. Even if you are the author of the phrases or sentences, the text should not have unacceptable similarity with the previously published data.

When you are discussing others’ (or your own) previous work, please make sure that you cite the material correctly in every instance.

In the event of alleged or suspected research misconduct, e.g., plagiarism, citation manipulation, and data falsification/fabrication, the Editorial Board will follow and act following COPE guidelines.

AUTHORSHIP

Each person listed as an author should fulfill the authorship criteria recommended by the International Committee of Medical Journal Editors (ICMJE - www.icmje.org). The ICMJE recommends that authorship is based on the following four criteria:
1. Substantial contributions to the conception or design of the work; or the acquisition, analysis, or interpretation of data for the work; AND
2. Drafting the work or revising it critically for important intellectual content; AND
3. Final approval of the version to be published; AND
4. Agreement to be accountable for all aspects of the work in ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and resolved.

In addition to being accountable for the parts of the work he/she has done, an author should be able to identify which co-authors are responsible for specific other parts of the work. Also, authors should have confidence in the integrity of the contributions of their co-authors.

All those designated as authors should meet all four criteria for authorship, and all who meet the four criteria should be identified as authors. Those who do not meet all four criteria should be acknowledged in the title page of the manuscript.

Archives of Health Science and Research requires corresponding authors to submit a signed and scanned version of the Copyright Agreement and Acknowledgement of Authorship form (available for download www.archhealthscires.org) during the initial submission process to act appropriately on authorship rights and to prevent ghost or honorary authorship. If the editorial board suspects a case of “gift authorship,” the submission will be rejected without further review. As part of the submission of the manuscript, the corresponding author should also send a short statement declaring that he/she accepts to undertake all the responsibility for authorship during the submission and review stages of the manuscript.

DECLARATION OF INTEREST
Archives of Health Science and Research requires and encourages the authors and the individuals involved in the evaluation process of submitted manuscripts to disclose any existing or potential conflicts of interests, including financial, consultative, and institutional, that might lead to potential bias or a conflict of interest. Any financial grants or other support received for a submitted study from individuals or institutions should be disclosed to the Editorial Board. To disclose a potential conflict of interest, the ICMJE Potential Conflict of Interest Disclosure Form should be filled in and submitted by all contributing authors. The journal’s Editorial Board resolves cases of a potential conflict of interest of the editors, authors, or reviewers within the scope ofCOPE and ICMJE guidelines.

The Editorial Board of the journal handles all appeal and complaint cases within the scope of COPE guidelines. In such cases, authors should get in direct contact with the editorial office regarding their appeals and complaints. When needed, an ombudsperson may be assigned to resolve claims that cannot be resolved internally. The Editor in Chief is the final authority in the decision-making process for all appeals and complaints.

COPYRIGHT AND LICENSE
Archives of Health Science and Research requires each submission to be accompanied by a Copyright Agreement and Acknowledgement of Authorship form (available for download www.archhealthscires.org). By signing this form, authors retain the copyright of their work and agree that the article, if accepted for publication by the Archives of Health Science and Research will be licensed under a Creative Commons Attribution-NonCommercial 4.0 International License (CC BY-NC 4.0).

When using previously published content, including figures, tables, or any other material in both print and electronic formats, authors must obtain permission from the copyright holder. Legal, financial and criminal liabilities in this regard belong to the author(s).

DISCLAIMER
Statements or opinions expressed in the manuscripts published in Archives of Health Science and Research reflect the views of the author(s) and not the opinions of the editors, the editorial board, or the publisher; the editors, the editorial board, and the publisher disclaim any responsibility or liability for such materials. The final responsibility regarding the published content rests with the authors.

MANUSCRIPT PREPARATION
The manuscripts should be prepared in accordance with ICMJE-Recommendations for the Conduct, Reporting, Editing, and Publication of Scholarly Work in Medical Journals (updated in December 2021 - http://www.icmje.org/icmje-recommendations.pdf). Authors are required to prepare manuscripts in accordance with the CONSORT guidelines for randomized research studies, STROBE guidelines for observational original research studies, STARD guidelines for studies on diagnostic accuracy, PRISMA guidelines for systematic reviews and meta-analysis, ARRIVE guidelines for experimental animal studies, and TREAD guidelines for non-randomized public behavior.

The style of the manuscripts should be prepared according to AMA Manual of Style 11th Edition.

Manuscript can only be submitted through the journal’s online manuscript submission and evaluation system, available at www.archhealthscires.org. Manuscripts submitted via any other medium and submissions by anyone other than one of the authors will not be evaluated.

Manuscripts submitted to the journal will first go through a technical evaluation process where the editorial office staff will ensure that the manuscript has been prepared and submitted in accordance with the journal’s guidelines. Submissions that do not conform to the journal’s guidelines will be returned to the submitting author with technical correction requests.

Authors are required to submit the following:

- Copyright Agreement and Acknowledgement of Authorship Form, and
• ICMJE Potential Conflict of Interest Disclosure Form (should be filled in by all contributing authors) during the initial submission. These forms are available for download at www.cyprusjmedsci.com.

Preparation of the Manuscript

Title page: A separate title page should be submitted with all submissions and this page should include:

• The full title of the manuscript as well as a short title (running head) of no more than 50 characters,
• Name(s), affiliations, highest academic degree(s), and ORCID IDs of the author(s),
• Grant information and detailed information on the other sources of support,
• Name, address, telephone (including the mobile phone number), and email address of the corresponding author,
• ORCID’s of all contributing authors
• Acknowledgment of the individuals who contributed to the preparation of the manuscript but who do not fulfill the authorship criteria.

Abstract: A Turkish and an English abstract should be submitted with all submissions except for Letters to the Editor. Authors from outside Turkey are not required to prepare a Turkish abstract. The abstract of Original Articles should be structured with subheadings (Objective, Material and Methods, Results and Conclusion). Please check Table 1 below for word count specifications.

Keywords: Each submission must be accompanied by a minimum of three to a maximum of five keywords for subject indexing at the end of the abstract. The keywords should be listed in full without abbreviations. The keywords should be selected from the National Library of Medicine, Medical Subject Headings database (https://www.nlm.nih.gov/mesh/MBrowser.html).

Manuscript Types

Original Articles: This is the most important type of article since it provides new information based on original research. Acceptance of original papers will be based upon the originality and importance of the investigation. The main text of original articles should be structured with “Introduction”, “Material and Method”, “Results”, “Discussion” and “Conclusion” subheadings. Please check Table 1 for the limitations for Original Articles.

Reporting Statistical Analysis

Statistical analyses to support conclusions is usually necessary. Statistical analyses must be conducted in accordance with international statistical reporting standards (Altman DG, Gore SM, Gardner MJ, Pocock SJ. Statistical guidelines for contributors to medical journals. Br Med J 1983; 7; 1489-93). Information on statistical analyses should be provided with a separate subheading under the Materials and Methods section and the statistical software that was used during the process must be specified. For further information on presenting statistical analysis, please see AMA Manual of Style section 19.0.

Biostatistical Reporting Considerations and Suggestions

Units should be prepared in accordance with the International System of Units (SI).

Editorial Comments: Invited brief editorial comments on selected articles are published in The Cyprus Journal of Medical Sciences. Editorials should not be longer than 1000 words excluding references. Editorial comments aim to provide a brief critical commentary by reviewers with expertise or with high reputation in the topic of the research article published in the journal. Authors are selected and invited by the journal to provide such comments. Abstract, Keywords, and Tables, Figures, Images, and other media are not included.

Review Articles: Reviews prepared by authors who have extensive knowledge on a particular field and whose scientific background has been translated into a high volume of publications with a high citation potential are welcomed. These authors may even be invited by the journal. Reviews should describe, discuss, and evaluate the current level of knowledge of a topic in clinical practice and should guide future studies. The subheadings of the review articles should be planned by the authors. However, each review article should include an “Introduction” and a “Conclusion” section. Please check Table 1 for the limitations for Review Articles.

Case Reports: There is limited space for case reports in the journal and reports on rare cases or conditions that constitute challenges in diagnosis and treatment, those offering new therapies or revealing knowledge not included in the literature, and interesting and educative case reports are accepted for publication. The text should include “Introduction”, “Case Presentation”, “Discussion”, and “Conclusion” with an unstructured abstract. Please check Table 1 for the limitations for Case Reports.

Letters to the Editor: This type of manuscript discusses important parts, overlooked aspects, or lacking parts of a previously published article. Articles on subjects within the scope of the journal that might attract the readers’ attention, particularly educative cases, may also be submitted in the form of a “Letter to the Editor.” Readers can also present their comments on the published manuscripts in the form of a “Letter to the Editor.” Abstract, Keywords, and Tables, Figures, Images, and other media should not be included. The text should be unstructured. The manuscript that is being commented on must be properly cited within this manuscript.

Tables

Tables should be included in the main document, presented after the reference list, and they should be numbered consecutively in the order they are referred to within the main text. A descriptive title must be placed above the tables. Abbreviations used in the tables should be defined below the tables by footnotes (even if they are defined within the main text). Tables should be created using the “insert table” command.
of the word processing software and they should be arranged clearly to provide easy reading. Data presented in the tables should not be a repetition of the data presented within the main text but should be supporting the main text.

**Figures and Figure Legends**

Figures, graphics, and photographs should be submitted as separate files (in TIFF or JPEG format) through the submission system. The files should not be embedded in a Word document or the main document. When there are figure subunits, the subunits should not be merged to form a single image. Each subunit should be submitted separately through the submission system. Images should not be labeled (a, b, c, etc.) to indicate figure subunits. Thick and thin arrows, arrowheads, stars, asterisks, and similar marks can be used on the images to support figure legends. Like the rest of the submission, the figures too should be blind. Any information within the images that may indicate an individual or institution should be blinded. The minimum resolution of each submitted figure should be 300 DPI. To prevent delays in the evaluation process, all submitted figures should be clear in resolution and large in size (minimum dimensions: 100 × 100 mm). Figure legends should be listed at the end of the main document.

All acronyms and abbreviations used in the manuscript should be defined at first use, both in the abstract and in the main text. The abbreviation should be provided in parentheses following the definition. When a drug, product, hardware, or software program is mentioned within the main text, product information, including the name of the product, the producer of the product, and city and the country of the company (including the state if in USA), should be provided in parentheses in the following format: “Discovery St PET/CT scanner (General Electric, Milwaukee, WI, USA)”

All references, tables, and figures should be referred to within the main text, and they should be numbered consecutively in the order they are referred to within the main text.

Limitations, drawbacks, and the shortcomings of original articles should be mentioned in the Discussion section before the conclusion paragraph.

**References**

Both in-text citations and the references must be prepared according to the AMA Manual of Style 11th Edition.

While citing publications, preference should be given to the latest, most up-to-date publications. Authors are responsible for the accuracy of references. If an ahead-of-print publication is cited, the DOI number should be provided. Journal titles should be abbreviated in accordance with the journal abbreviations in Index Medicus/MEDLINE/PubMed. When there are six or fewer authors, all authors should be listed. If there are seven or more authors, the first three authors should be listed followed by “et al.” In the main text of the manuscript, references should be cited in superscript after punctuation. The reference styles for different types of publications are presented in the following examples.


**Editor(s) as Author:** Huizing EH, de Groot JAM, editors. Functional reconstructive nasal surgery. Stuttgart-New York: Thieme; 2003.


**Manuscripts Accepted for Publication, Not Published Yet:** Slots J. The microflora of black stain on human primary teeth. Scand J Dent Res. 1974.

<table>
<thead>
<tr>
<th>Type of manuscript</th>
<th>Word limit</th>
<th>Abstract word limit</th>
<th>Reference limit</th>
<th>Table limit</th>
<th>Figure limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Original Article</td>
<td>3500</td>
<td>250 (Structured)</td>
<td>35</td>
<td>6</td>
<td>Max. 5 images</td>
</tr>
<tr>
<td>Review Article</td>
<td>5000</td>
<td>250</td>
<td>50</td>
<td>6</td>
<td>Max. 7 images</td>
</tr>
<tr>
<td>Case Report</td>
<td>1000</td>
<td>200</td>
<td>15</td>
<td>No tables</td>
<td>Max. 5 images</td>
</tr>
<tr>
<td>Letter to the Editor</td>
<td>500</td>
<td>No abstract</td>
<td>5</td>
<td>No tables</td>
<td>No media</td>
</tr>
</tbody>
</table>


REVISIONS

When submitting a revised version of a paper, the author must submit a detailed “Response to the reviewers” that states point by point how each issue raised by the reviewers has been covered and where it can be found (each reviewer’s comment, followed by the author’s reply and line numbers where the changes have been made) as well as an annotated copy of the main document. Revised manuscripts must be submitted within 30 days from the date of the decision letter. If the revised version of the manuscript is not submitted within the allocated time, the revision option may be canceled. If the submitting author(s) believe that additional time is required, they should request this extension before the initial 30-day period is over.

Accepted manuscripts are copy-edited for grammar, punctuation, and format. Once the publication process of a manuscript is completed, it is published online on the journal’s webpage as an ahead-of-print publication before it is included in its scheduled issue. A PDF proof of the accepted manuscript is sent to the corresponding author and their publication approval is requested within 2 days of their receipt of the proof.

Editor in Chief: Ela Tarakci
Address: Istanbul University-Cerrahpaşa Faculty of Health Sciences, Büyükçekmece, İstanbul, TURKEY
Tel: +90 212 866 37 00
E-mail: etarakci@iuc.edu.tr

Publisher: Cordus
Address: Büyükdere Cad., 105/9 34394, Mecidiyeköy, Şişli, Istanbul, TURKEY
Phone: +90 212 272 13 50
E-mail: info@cordus.com.tr
Web page: cordus.com.tr
CONTENTS

1 Acknowledgement of Reviewers

ORIGINAL ARTICLES

3 A Comparison of Activity Performance and Physical Activity Level of Obese Men and Women: A Cross-Sectional Study
Ebru ÇALIK KÜTÜKCÜ, Ayşe AKDAL, Ayşegül ERKOÇ, Melike ŞURA ÖKSÜZ, Aylin YARTAŞI, Serdil SAYILKAN

9 Clinical Nurses’ Opinions on Education of Nursing Students: Qualitative Study
Şenay GÜL, Sevda ARSLAN, Gülhan ERKUŞ KÜÇÜKKELEPÇE

15 Turkish Validity and Reliability Study of the Intrinsic Spirituality Scale
Gülcen BAHÇECİOĞLU TURAN, Safiye YANMIŞ, Zulfünaz ÖZER

21 Evaluation of Lower Extremity Muscles Shortness, Flexibility, and Hypermobility in Adults with Asymptomatic Sacroiliac Joint Dysfunction
Ayşe Neriman NARİN, Beyza YAZGAN DAĞLI, Aysun VURAL CÖMERT, Betul BAHAR, Kutay Engin ÖZTURAN

27 Comparison of Balance and Proprioception in Individuals with Myopia Compared to Healthy Peers
Semra OĞUZ, Emre ŞENOCAK, Zübeyir SARI

32 The Validity and Reliability of the Auditory Localization Scale in the Turkish Population
Bünyamin ÇILDIR

38 The Attitudes of New Graduate Physiotherapists Toward the Patients with COVID-19
Fardad FARZINMOGHADDAM, Zeynep TUNA

43 The Effect of Prone and Supine Positions on Heart Rate and Oxygen Saturation in Preterm Newborns Receiving Respiratory Support: A Randomized Controlled Study
Sultan BEŞIKTAŞ, Emine EFE

51 Factors Affecting the Burden and Quality of Life of Caregivers for Gynecological Cancer Patients
Beril Nisa YAŞAR, Füsun TERZİOĞLU

55 Readiness for Interprofessional Learning of Undergraduate Midwifery Students in Turkey: A Cross-Sectional Study
Fatma USLU ŞAHAN, Asli ER KORUCU

61 Investigation of the Perceived Stress Levels and Adherence to Treatment of Individuals with Type 2 Diabetes During the COVID-19 Pandemic
Zeliha BÜYÜKBAYRAM, Meyreme AKSOY, Abdurrahman GÜNŞOR

70 Development of a balance system including virtual reality applications for the evaluation and improvement of balance: Physiotherapy-engineering cooperation
Ela TARAKCI, Yonga ZENGİNLER YAZGAN, Ayşe Betül OKTAY