



rolly rondonuwu &lt;rollyhsr@gmail.com&gt;

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**[OAMJMS] Submission Acknowledgement**

1 message

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**Prof. Dr Mirko Spiroski via SFS - Journals (Scientific Foundation SPIROSKI - Journals), Skopje, Republic of Macedonia**Thu, Nov 25, 2021 at  
5:00 PM

&lt;noreply@publicknowledgeproject.org&gt;

Reply-To: "Prof. Dr Mirko Spiroski" &lt;mspiroski@yahoo.com&gt;

To: Rolly Harvie Stevan Rondonuwu &lt;rollyhsr@gmail.com&gt;

Rolly Harvie Stevan Rondonuwu:

Thank you for submitting the manuscript, "Self Efficacy Of Doing Physical Exercise In People At Risk Of Coronary Heart Disease: Self Efficacy Of Doing Physical Exercise In People At Risk Of Coronary Heart Disease" to Open Access Macedonian Journal of Medical Sciences. With the online journal management system that we are using, you will be able to track its progress through the editorial process by logging in to the journal web site:

Submission URL: <https://oamjms.eu/index.php/mjms/authorDashboard/submission/8074>

Username: rolly75\_rondonuwu

If you have any questions, please contact me. Thank you for considering this journal as a venue for your work.

Prof. Dr Mirko Spiroski



rolly rondonuwu &lt;rollyhsr@gmail.com&gt;

**[OAMJMS] Editor Decision**

2 messages

**Mirko Zhivko Spiroski via SFS - Journals (Scientific Foundation SPIROSKI - Journals), Skopje, Republic of Macedonia**

Sat, Jan 8, 2022 at 5:21 PM

&lt;noreply@publicknowledgeproject.org&gt;

Reply-To: Mirko Zhivko Spiroski &lt;mspiroski@yahoo.com&gt;

To: Rolly Harvie Stevan Rondonuwu &lt;rollyhsr@gmail.com&gt;

Rolly Harvie Stevan Rondonuwu (Author):

We have reached a decision regarding your submission to Open Access Macedonian Journal of Medical Sciences, "Self Efficacy Of Doing Physical Exercise In People At Risk Of Coronary Heart Disease: Self Efficacy Of Doing Physical Exercise In People At Risk Of Coronary Heart Disease", Manuscript ID = OJS8074.

Our decision is: Revise your manuscript until January 30, 2022 and submit on the OAMJMS website.

Sincerely,  
Prof. Dr Mirko Spiroski,  
Editor-in-Chief, OAMJMS

Scientific Foundation SPIROSKI,  
[Rajko Zhinzifov No 48](#),  
1000 Skopje,  
Republic of Macedonia

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Reviewer A:

This study was quantitative with a *quasi-experimental control group pre-post test* to compare the intervention in the control and intervention groups. Then the difference between the pre-test and post-test was assumed to be the effect of the experiment. The control group received the leaflet intervention model and the intervention group received the guided education model and videos. Samples are people in the village Kapiwangker and Taraitak who met the inclusion criteria with the number 70.

The results showed a significant value score before and after intervention group with a value of 0.00 (*paired t-test*) Thus there is the effect of interventions using guided educational models and video media on self-efficacy of doing physical exercise, with a p-value of 0.0001. (*t independent test*). Conclusion There is a significant difference in self-efficacy between the control and intervention groups before and after being given education with different methods. This means that the guided education method/model using video media affects the self-efficacy of doing a physical exercise in people at risk of coronary heart disease.

In General: it's a good paper and the subject of the manuscript is applicable and useful.

**Title:** the title properly explain the purpose and objective of the article

**Abstract:** abstract contains an appropriate summary for the article, language used in the abstract easy to read and understand, there are no suggestions for improvement.

**Introduction:** authors do provide adequate background on the topic and reason for this article and describe what the authors hoped to achieve.

**Results:** the results presented clearly, the authors provide accurate research results, there is sufficient evidence for each result.

**Conclusion:** in general: Good and the research provides sample data for the authors to make their conclusion.

**Grammar:** Need Some revision.(**Check The Paper Comments**).

Finally, this was an appealing article, in its current state it adds much new insightful information to the field. Therefore, I accept that paper to be published in your journal

Recommendation: Accept Submission

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Reviewer B:

Please revised it and use the right template for article

Recommendation: Revisions Required

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Reviewer E:

Introduction needs to more info on the health benefits of exercise.

Authors should get some editorial help on the writing process as it looks very basic and not so much professionally. e.g According to Winzer et al., 2018 in the Journal of *Physical Activity in the Prevention and Treatment of Coronary Artery Disease- Not a good idea of putting the journal here. the audience will be able to see the reference if needed.*

*Methods: The authors have mixed methodology and statistics. these are two different sections and each one should be clear. How was the selection of the subjects? was it randomly distributed and which method? The methods have many weak points. it is impossible to draw results from 70 questionnaires. The authors need a minimum of 250-300 in order to have a validated sample.*

*Results: The paper does not offer any new information on the field that we do not already know*


Recommendation: Resubmit Elsewhere

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## 2 attachments

 **A-manuscrip.docx**  
38K

 **B-manuscrip(1).docx**  
34K

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**Mirko Zhivko Spiroski via SFS - Journals (Scientific Foundation SPIROSKI - Journals), Skopje, Republic of Macedonia**

Sat, Jan 8, 2022 at 5:23

<noreply@publicknowledgeproject.org>

PM

Reply-To: Mirko Zhivko Spiroski <mspiroski@yahoo.com>

To: Rolly Harvie Stevan Rondonuwu <rollyhsr@gmail.com>, Dorce Sisfiani Sarimin <sisarimin@yahoo.com>, "Monica S.Tandiyuk" <tandiyuk57@gmaid.com>

Rolly Harvie Stevan Rondonuwu, Dorce Sisfiani Sarimin, Monica S.Tandiyuk (Author):

We have reached a decision regarding your submission to Open Access Macedonian Journal of Medical Sciences, "Self Efficacy Of Doing Physical Exercise In People At Risk Of Coronary Heart Disease: Self Efficacy Of Doing Physical Exercise In People At Risk Of Coronary Heart Disease", Manuscript ID = OJS8077.

Our decision is: [Revise your manuscript until January 30, 2022 and submit on the OAMJMS website.](#)

Sincerely,  
Prof. Dr Mirko Spiroski,  
Editor-in-Chief, OAMJMS

Scientific Foundation SPIROSKI,  
[Rajko Zhinzifov No 48](#),  
1000 Skopje,  
Republic of Macedonia

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Reviewer A:

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received the guided education model and videos. Samples are people in the village Kopiwangker and Taraitak who met the inclusion criteria with the number 70.

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**Results:** the results presented clearly, the authors provide accurate research results, there is sufficient evidence for each result.

**Conclusion:** in general: Good and the research provides sample data for the authors to make their conclusion.

**Grammar:** Need Some revision.(**Check The Paper Comments**).

Finally, this was an appealing article, in its current state it adds much new insightful information to the field. Therefore, I accept that paper to be published in your journal

Recommendation: Revisions Required

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Reviewer D:

Addressed to editors and authors, can improve on a few points.

Recommendation: Revisions Required

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## 2 attachments



**A-manuscrip.docx**

38K



**D-Form review Article.docx**

90K



rolly rondonuwu &lt;rollyhsr@gmail.com&gt;

**[OAMJMS] Editor Decision**

1 message

**Mirko Zhivko Spiroski via SFS - Journals (Scientific Foundation SPIROSKI - Journals), Skopje, Republic of Macedonia**

Sat, Feb 5, 2022 at 4:02 PM

&lt;noreply@publicknowledgeproject.org&gt;

Reply-To: Mirko Zhivko Spiroski &lt;mspiroski@yahoo.com&gt;

To: Rolly Harvie Stevan Rondonuwu &lt;rollyhsr@gmail.com&gt;, Dorce Sisfiani Sarimin &lt;sisarimin@yahoo.com&gt;, "Monica S.Tandiyuk" &lt;tandiyuk57@gmaid.com&gt;

Rolly Harvie Stevan Rondonuwu, Dorce Sisfiani Sarimin, Monica S.Tandiyuk (Author):

We have reached a decision regarding your submission to Open Access Macedonian Journal of Medical Sciences, "Self Efficacy Of Doing Physical Exercise In People At Risk Of Coronary Heart Disease: Self Efficacy Of Doing Physical Exercise In People At Risk Of Coronary Heart Disease", Manuscript ID = OJS8077, submitted {\$submission}

Our decision is to: Accept your revised manuscript for publication in OAMJMS.

SciRev (<https://scirev.org/>) offers you the possibility to share your experience with the scientific review process with your colleagues (left search engine) and to select an efficient journal for submitting your manuscripts (right search engine). Because we would like to increase the quality of the review process, please register and submit your experience with the review process of your article published in Open Access Macedonian Journal of Medical Sciences in the SciRev (<https://scirev.org/questionnaire/macedonian-journal-of-medical-sciences/>).

Scientific Foundation SPIROSKI,  
[Rajko Zhinzifov No 48](#),  
1000 Skopje,  
Republic of Macedonia

**2 attachments** **A-manuscrip.docx**  
38K **D-Form review Article.docx**  
90K



rolly rondonuwu <rollyhsr@gmail.com>

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## [OAMJMS] Regular Publication Fee

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rolly rondonuwu <rollyhsr@gmail.com>  
To: Mirko Zhivko Spiroski <mspiroski@yahoo.com>

Wed, Feb 9, 2022 at 12:03 PM

Dear  
Mr. mirko Zhivko Spiriski

I am send you proof of delivery Publication Fee for the manuscript "Self Efficacy Of Doing Physical Exercise In People At Risk Of Coronary Heart Disease: Self Efficacy Of Doing Physical Exercise In People At Risk Of Coronary Heart Disease" [oamjms.2021.8077]  
I hope I can get the invoice

Scincerly  
Rolly Harvie Stevan Rondonuwu  
Author  
[Quoted text hidden]



**IMG\_20220209\_115521.jpg**  
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rolly rondonuwu <rollyhsr@gmail.com>

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## [OAMJMS] New notification from Open Access Macedonian Journal of Medical Sciences

1 message

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**Mirko Spiroski via SFS - Journals (Scientific Foundation SPIROSKI - Journals), Skopje, Republic of Macedonia**

Wed, Feb 9, 2022 at 6:23

<noreply@publicknowledgeproject.org>

AM

Reply-To: Mirko Spiroski <mspiroski@id-press.eu>, "Prof. Dr Mirko Spiroski" <mspiroski@yahoo.com>

To: Rolly Harvie Stevan Rondonuwu <rollyhsr@gmail.com>

You have a new notification from Open Access Macedonian Journal of Medical Sciences:

There is new activity in the discussion titled "[OAMJMS] Regular Publication Fee" regarding the submission "Self Efficacy Of Doing Physical Exercise In People At Risk Of Coronary Heart Disease".

Link: <https://oamjms.eu/index.php/mjms/authorDashboard/submission/8077>

Prof. Dr Mirko Spiroski



rolly rondonuwu <rollyhsr@gmail.com>

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## [OAMJMS] Editor Decision

1 message

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**Teodora Fildishevska via SFS - Journals (Scientific Foundation SPIROSKI - Journals), Skopje, Republic of Macedonia**

Tue, Feb 15, 2022 at 10:09  
PM

<noreply@publicknowledgeproject.org>

Reply-To: Teodora Fildishevska <tfildishevska@id-press.eu>

To: Rolly Harvie Stevan Rondonuwu <rollyhsr@gmail.com>, Dorce Sisfiani Sarimin <sisarimin@yahoo.com>, "Monica S.Tandiyuk" <tandiyuk57@gmaid.com>

Rolly Harvie Stevan Rondonuwu, Dorce Sisfiani Sarimin, Monica S.Tandiyuk (Author):

The editing of your submission, "Self Efficacy Of Doing Physical Exercise In People At Risk Of Coronary Heart Disease: Self Efficacy Of Doing Physical Exercise In People At Risk Of Coronary Heart Disease," Manuscript ID = OJS8077 is complete. We are now sending it to production.

Submission URL: <https://oamjms.eu/index.php/mjms/authorDashboard/submission/8077>