

**Re: Effectiveness of cognitive behavior therapy for sleep disturbance and glycemic control in persons with type 2 diabetes mellitus: A group community-based randomized controlled trial in China**

Dear Editors and Reviewers:

Thank you for your letter and for the reviewers' comments about our manuscript entitled " Effectiveness of cognitive behavior therapy for sleep disturbance and glycemic control in persons with type 2 diabetes mellitus: A group community-based randomized controlled trial in China" again.

We are appreciated to the editors' and reviewers' comments on our manuscript .The manuscript was revised according to those comments you rose up. In addition, we answered the three questions as following.

Kind regards,

Peian Lou

1. Specific comments of reviewer#02446387: "In general, this is a fine paper. However, my recommendation is to revise and resubmit for further consideration. Three comments are: Define and explain CBT in the introduction:

Response: It had been added in the introduction" Cognitive behavioral therapy (CBT) is a psychosocial intervention approach in which behavioral change is initiated by a therapist helping patients to confront and modify the irrational thoughts and beliefs that are most likely at the root of their maladaptive behaviors."

2. The authors should clarify the CBT (dosage and frequency) for patients.

Response: We had already described " Every day in the first week, trained general practitioners gave participants a 40 - 50-minute lecture followed by a 10-15-minute discussion session.....,Subsequently, participants received two lectures plus discussion sessions each week for 6 weeks. " in implementation of the CBT program for participants of method.

3. Causal relationship between CBT and two outcomes: Path analysis or regression analysis should be performed to determine the causal effect of CBT on each outcome variable. Perhaps, GEE could be performed for the three waves of data. Show the trends or patterns of outcome change for the sleep quality and A1C measures: the paper should explain if the outcome measures are linearly distributed over the three waves.

Response: Thank you the suggestions. We found a few slight faults in statistical analysis method of this text. Actually, the Generalized linear Mixed models (GLMMs) were used to estimate the effects of the intervention on the outcome variables in our study. The missing words of 'Mixed' had been added in the statistical analysis method. And, we replaced the abbreviation of GLMs with GLMMs.

GLMMs also could performed to determine the causal effect of CBT on each outcome variable. GLMMs offers advantages over GEE in the selectivity of data distribution. So the statistical analysis was not changed in our study.