

# INA-RESPOND

INDONESIA RESEARCH PARTNERSHIP ON INFECTIOUS DISEASE



NEWSLETTER

February 2023

## *Language & Culture*

**Love Language:  
10 Idioms & Expressions to  
Say I LOVE You or Talk About  
Love in English**

## *Sports & Lifestyle*

**Exercise as an Important Component  
of Lifestyle Modification to Control  
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Illustration by  
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How to define and how to avoid them**

HEALTH POLICY AGENCY  
MINISTRY OF HEALTH REPUBLIC OF INDONESIA

2023

# INA-RESPOND newsletter

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Herman Kosasih

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## SENIOR WRITERS

Adhella Menur, Aly Diana

## REVIEWERS & CONTRIBUTING WRITERS

Adhella Menur, Eka Windari R., Risky  
Dwi Rahayu , Herman Kosasih,  
I Wayan Adi Pranata, Lois E. Bang,  
Melinda Setyaningrum, Mila Erastuti,  
Nurhayati, Nur Latifah Hanum, Riza  
Danu Dewantara,

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### INA-RESPOND Secretariat

Badan Kebijakan Pembangunan  
Kesehatan, Gedung 6, Lantai 3.  
Jl. Percetakan Negara no.29,  
Jakarta 10560

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MASTHEAD

# INA-RESPOND Newsletter

## PROACTIVE Study Updates

By: Eka Windari R., I Wayan Adi Pranata, Lois E. Bang, Melinda Setiyaningrum, Nur Latifa Hanum, Retna Mustika Indah, Riza Danu Dewantara

### INA104

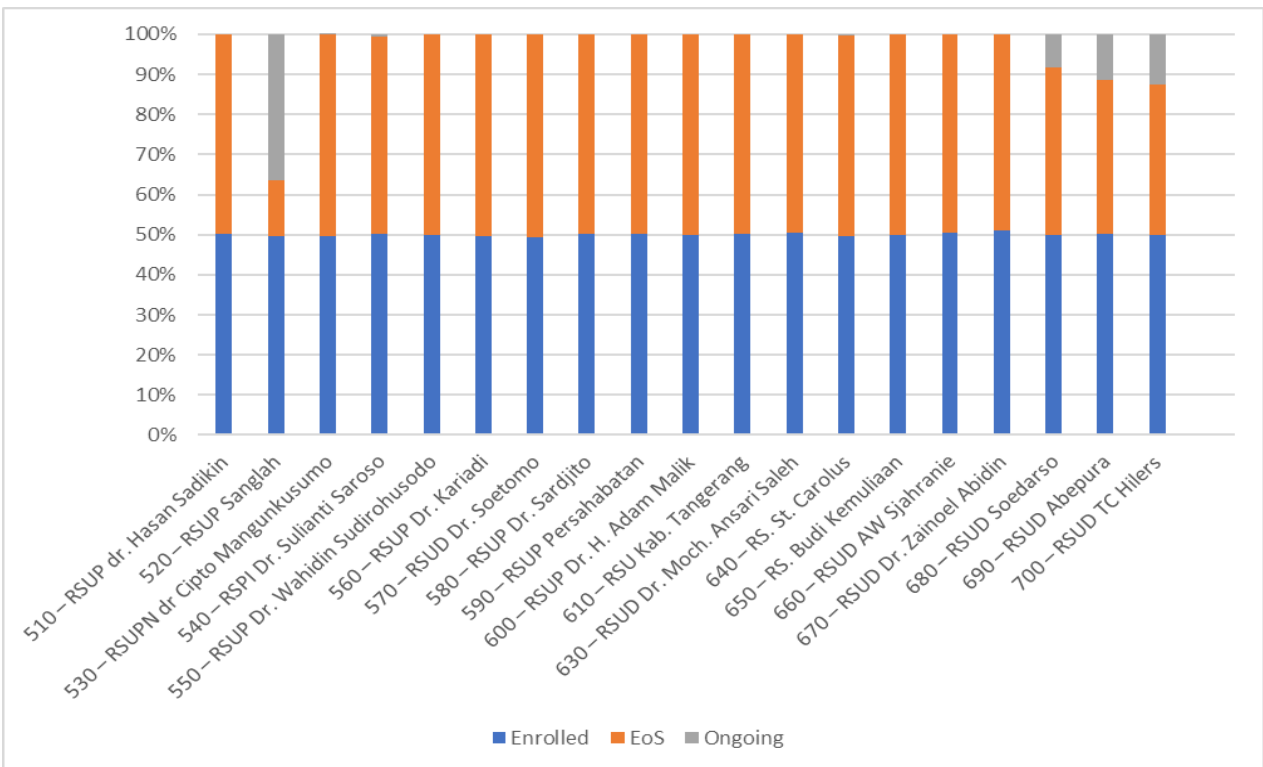
As of February 8, 2023, a total of 4,336 subjects were enrolled in the study, of which 5% remain ongoing while 95% have already completed their participation. The sites that still have active participants are as follows: 520, 530, 540, 640, 680, 690, and 700. For a visual representation of the study's progress, refer to the table below.

Concerning the end-of-study participants, 3,366 subjects had successfully completed the study up to follow-up month 36, whereas 442 were lost to follow-up, 247 passed away, 32 withdrew their consent, 38 relocated to an area without a PROACTIVE site, 5 tested negative for HIV, and 2 were suspended due to imprisonment. The status of end-of-study participants for each site is presented in the table on the next page (p 4.)

The last patient's last visit (LPLV) was conducted at site 610 in August 2022, while sites 550, 560, 570, 580, 590, 600, and 630 completed theirs in October 2022. In November 2022, site visits were accomplished at sites 510, 640, and 660; site 650 completed theirs in December 2022, and site 670 finished in January 2023. Sites 540, 680, and 690 will complete their study visits in February 2023, sites 530 and 700 in April 2023, and site 520 in May 2023. Monitoring activities for the completed sites are ongoing, with close-out visits to be conducted within six months of the LPLV.

The monitoring activity is scheduled to occur at sites 570, 590, and 670 in February 2023 and at site 690 in March 2023.

STUDY UPDATES



No	Site	End of Study Duration/Complete	Withdrew Consent	Participants with HIV negative	Moved	Death	Investigator Discretion	Lost to Follow Up	Other	Total
1.	510 – RSUP Dr. Hasan Sadikin	189	1	0	5	5	0	6	0	206
2.	520 - RSUP Sanglah	37	0	0	1	3	0	0	0	41
3.	530 – RSUPN Dr. Cipto Mangunkusumo	283	0	0	0	17	0	15	0	315
4.	540 – RSPI Dr. Sulianti Saroso	132	0	0	3	8	0	35	0	178
5.	550 – RSUP Dr. Wahidin Sudirohusodo	240	0	0	5	25	0	67	0	337
6.	560 – RSUP Dr. Kariadi	199	1	3	0	15	0	16	0	234
7.	570 – RSUD Dr. Soetomo	261	13	0	4	21	0	21	0	320
8.	580 – RSUP Dr. Sardjito	168	1	0	5	6	0	38	0	218
9.	590 – RSUP Persahabatan	186	0	1	0	37	0	22	0	246
10.	600 – RSUP Dr. H. Adam Malik	253	3	0	2	21	0	61	0	340
11.	610 – RSU Kabupaten Tangerang	272	6	0	4	20	0	22	2	326
12.	630 – RSUD Dr. M. Ansari Saleh	215	1	0	1	7	0	17	0	241
13.	640 – RS St. Carolus	211	0	0	0	1	0	15	0	227
14.	650 – RSU Budi Kemuliaan Batam	179	3	0	5	9	0	33	0	229
15.	660 – RSU A. Wahab Sjahrane	183	0	0	2	6	0	26	0	217
16.	670 – RSUD Zainoel Abidin	89	0	0	0	11	0	21	0	121
17.	680 – RSUD Soedarso	74	0	0	0	11	0	11	0	96
18.	690 – RSUD Abepura	83	2	1	1	7	0	11	0	105
19.	700 – RSUD TC Hillers	112	1	0	0	17	0	5	0	135
	Total	3366	32	5	38	247	0	442	2	4132

**Table 1.** Subjects' end of study reasons

# InVITE

The InVITE study is a multicenter international observational study that aims to investigate the immunogenicity and durability of COVID-19 vaccines, as well as the incidence of severe acute respiratory syndrome coronavirus-2 (SARS-CoV-2) infections in individuals who received an initial or booster vaccine regimen. Participants will be enrolled within a day of receiving their first dose of a COVID-19 vaccine, whether it is a single or multi-dose regimen, or a booster dose. The InVITE study is being conducted in several countries, including the Democratic Republic of the Congo, Guinea, Indonesia, Liberia, Mali, Mexico, and Mongolia.

The primary objective of the study is to characterize the immunogenicity of available COVID-19 vaccine regimens in individuals who received an initial or booster vaccine regimen, as measured by anti-Spike [S] antibody [Ab] levels, in each of the participating countries at two months after completing the initial full vaccine regimen or booster vaccine regimen. The primary endpoint of the study is the level of anti-S Ab at two months after completing the initial vaccine regimen or booster vaccine regimen.

In Indonesia, the InVITE study is being conducted at three sites:

Tangerang General Hospital (Site 01), TC Hillers Hospital (Site 02), and Ansari Saleh Hospital (Site 03). The first ethical approval for the InVITE study was obtained on July 8, 2021, with an ethical approval extension on June 24, 2022. The study protocol has been amended twice, and the latest version is protocol version 2.0, dated December 3, 2021, which has been implemented in all study sites since December 10, 2021.

Enrolment for the InVITE study commenced on August 18, 2021, at Site 01 and concluded on March 24, 2022, at Site 03, with a total

of 700 participants enrolled (met the target set by the Sponsor). The study team will not administer the vaccine, and the participants will receive the vaccine through their respective country's vaccine program. The participants received Sinovac, Moderna, Pfizer, Novavax, or AstraZeneca vaccines. The study is currently in the follow-up visit phase.

As of February 6, 2023, 149 participants (21.28%) have completed the study, while 551 participants (78.71%) are still undergoing the study.

If a participant experiences symptoms of COVID-19, such as fever, cough, headache, sore throat, or loss of taste or smell, a symptomatic visit is conducted. The number of symptomatic visits by February 6, 2023, is as follows:

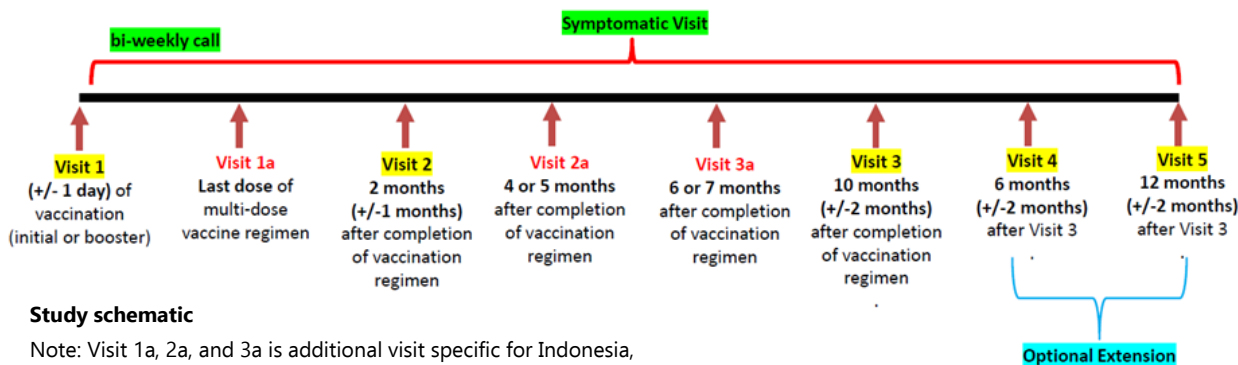
Site	Symptomatic Visit		
	# Of visit	Positive	Negative
01	96	59	36
02	14	6	8
03	2	1	1
Total	112	66	45

Site	Screening / Visit 1	Enrolment Failure	Enrolled	Ongoing	Add. Visit 1	Visit 2	Add. Visit 2	Add. Visit 3	Visit 3	Agree with Ext.	Not Agree with Ext.	Ext. Visit 4	Ext. Visit 5
01	345	2	343	288	88	326	314	306	312	284	28	76	0
02	228	1	227	159	97	214	191	188	195	159	36	125	0
03	130	0	130	104		130			119	100	30	0	0
Total	703	3	700	551	185	670	505	494	626	543	94	201	0

Enrollment status of the participants as of February 6, 2023

Site	Complete (EoS)	Non-compliance with study procedures	Continuation is not in the participant's best interest	Death	The participant did not receive a complete vaccine regimen within 12 months of enrolment	Withdraw	Other
01	28	1	0	0	3	19	4
02	36	0	2	0	0	25	5
03	25	0	0	1	0	0	0
Total	89	1	2	1	3	44	9

Study disposition status for 149 participants by February 6, 2023



### Study schematic

Note: Visit 1a, 2a, and 3a is additional visit specific for Indonesia, and they are only conducted at Site 01 and 02.

# INA-RESPOND Newsletter

## PREDATORY JOURNALS: HOW TO DEFINE AND HOW TO AVOID THEM

By: Yan Mardian



SCIENCE CORNER

Recently, scientists and academia in Indonesia were made concerned by the release of snippets of presentation slides issued by several internal researchers from the National Research and Innovation Agency (BRIN). Although no official letter has been released yet to date, the widely spread snippets slides informed that "in 2023, starting in January, all the journals of the three largest Open Access (OA) publishers were blacklisted, including Hindawi (acquired by Wiley in early 2021), MDPI founded by a Chinese businessman Lin Shukun, and Frontiers, which has become very popular in recent years. The notice states that articles published by Hindawi, MDPI and Frontiers will not be included in research performance statistics in Indonesia and are 'not recognized' as globally indexed international publications."

Globally, there is also increasing concern in the scientific community and society about "predatory" journals, also called fake, pseudo-, or fraudulent journals.

Since around the 2000s, the OA movement has arisen to ensure unrestricted access to research results, do away with intermediaries, and shift publishing costs from authors onto the journals. Its emergence has been positively received by part of the academic and scientific community, because it allows studies to be accessed without having to pay subscription fees or fees to download articles, and at the same time Open Access is a boon to research opportunities in the less well-developed countries.

Seeing the benefits that OA brings, there seemed to be little reason to suspect that some unprincipled publishers might take advantage of the situation to turn the movement into a money-making operation. So it was that predatory journals came about. Predatory journals, or journals that charge an article processing charge (APC) to authors, yet do not have the hallmarks of legitimate scholarly journals such as peer review and editing. These journals do not provide the editorial services that legitimate journals offer, which calls into question the reliability and scientific standards of the articles they publish. However, not that all open access journals are predatory. There is certainly a long list of journals that can be read for free yet nonetheless uphold high scholarly and scientific standards. This is precisely what makes being able to identify journals that are predatory so important.

### “Predatory journals”: what are they?

Many authors define "predatory journals" as journals that exploit the OA model unprofessionally to derive economic gain without meeting the quality standards of scientific publications. The magazine Nature (Grudniewicz et al., 2019) published a good definition of the term, considered to be one of the fullest, put forward by a group of scholars and editors from different countries: "Predatory journals and publishers are entities that prioritize self-interest at the expense of scholarship and are characterized by false or misleading information, deviation from best editorial and publication practices, a lack of transparency, and/or the use of aggressive and indiscriminate solicitation practices." That definition highlights key

features of their business practices and makes it clear that what drives them is their own commercial self-interest, not any actual interest in science.

### Blacklist vs. whitelist journal

There have been various attempts to derive criteria to characterize and identify predatory journals, in order to help researchers to avoid these outlets. These attempts include the compilation of lists of fraudulent journals (blacklists) or trustworthy journals (whitelists). The example of two blacklists consists of the updated list of Beall and Cabells Scholarly Analytics' blacklist (herein called Cabell's blacklist), and two whitelists consist of the Directory of Open Access Journals (DOAJ; <https://doaj.org/>) and Cabells Scholarly Analytics' whitelist (herein called Cabell's

Criteria	Predatory Journal	Non-Predatory Journal
Peer review	Little or no peer review	Stringent peer review process by experts in the field
Publication fees	High publication fees (often hidden until after acceptance)	Reasonable and transparent publication fees
Editorial board	Often made up of fake or non-existent individuals (affiliations cannot be verified or unaware real people)	Established and reputable editorial board
Indexing and databases	Not included in reputable indexing and databases (e.g. Web of Science, Scopus)	Included in reputable indexing and databases
Ethical standards	Lack of ethical standards, including allowing plagiarism, duplicate publication, and authorship manipulation (sign away their copyright, publish article before authors have signed, remove article without warning)	Adheres to ethical standards, including prohibiting plagiarism, duplicate publication, and authorship manipulation
Quality of content	Often poor quality with little regard for scientific rigor or accuracy (contains many grammatical errors)	High-quality, rigorous, and accurate scientific content
Frequency of publication	Often publishes frequently, sometimes daily	Publishes on a regular and reasonable schedule
Transparency	Lack of transparency in publication policies and procedures (unrealistic timeline, hidden costs, etc.)	Transparent and open publication policies and procedures

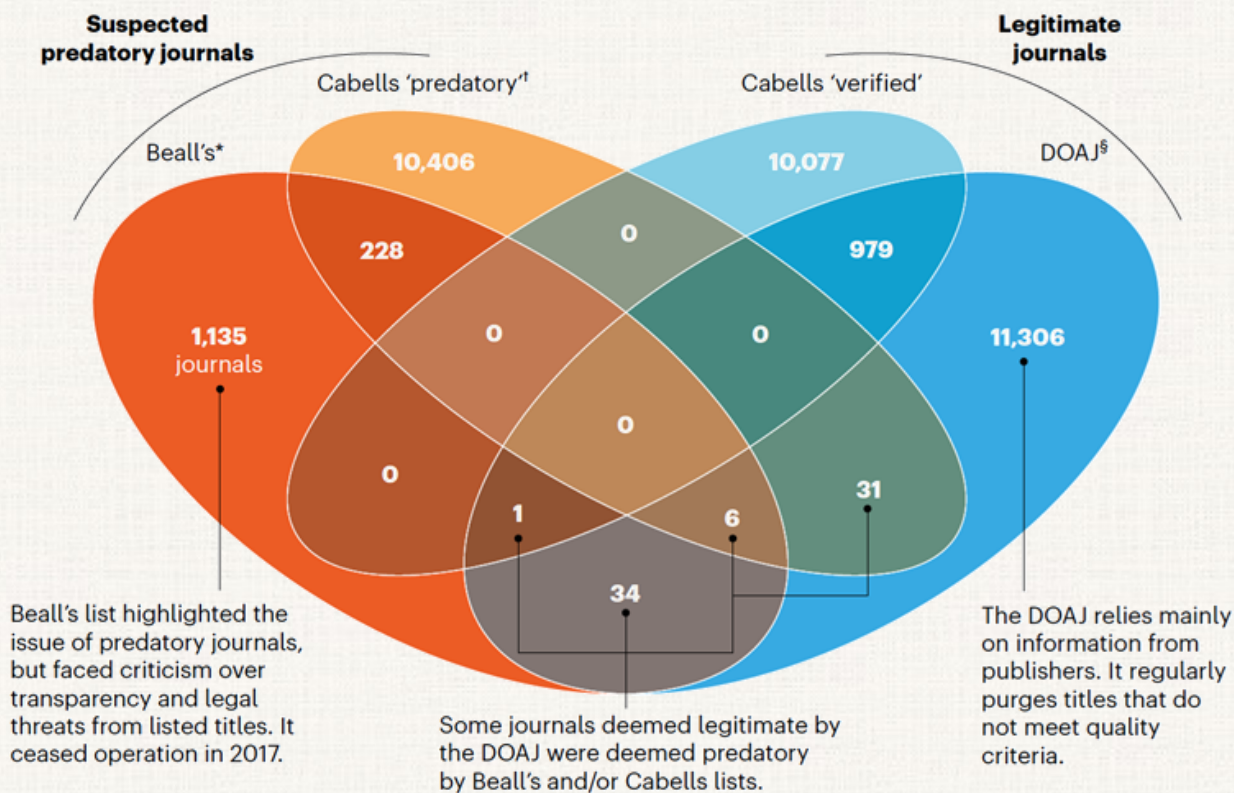
whitelist). A subscription to the lists of Cabells Scholarly Analytics was needed, whereas access to the DOAJ and the updated Beall’s list was free of charge. The best-known list is the blacklist of “potential, possible, or probable predatory scholarly open-access journals” by Jeffrey Beall, a librarian who coined the term “predatory” journal (herein referred to as Beall’s list). Beall took his list down in 2017, probably due to lawsuits instigated by publishers included in the list. At present, the list is maintained and updated by an anonymous scholar at a different site.

The quantitative analysis investigated overlaps between the contents of blacklists and whitelists. The considerable overlap between the two blacklists indicates that Cabell’s list may use Beall’s list as a source

of predatory publishers. The overlaps between blacklists and whitelists may be interpreted in several ways. First, these journals may be “false positives” on the blacklists, i.e., wrongly classified as fraudulent. Indeed, Beall’s list has been criticized for not distinguishing fraudulent from low-quality journals or from emerging journals. The latter may not be able to afford membership in associations or may not yet have been accepted as members and thus be misclassified by blacklists. Second, these journals might be “false negatives” on the whitelists, i.e., wrongly classified as being legitimate, based on criteria that are easily verified and easily met but that miss other, fraudulent practices, for example, the lack of adequate peer review. Third, some journals may operate in a gray zone for extended periods, meeting some blacklist

### NO LIST TO RULE THEM ALL

Assessments of which journals are likely to be predatory or legitimate do not tally, and titles can appear in both categories. There is no way to know which journals were considered for a list but left off, or which were not considered.



\*Informally assessed by University of Colorado Denver librarian Jeffrey Beall in ~2008-17; †Pay-to-access lists from Cabells, a scholarly analytics company; ‡The Directory of Open Access Journals, a community-curated list requiring journal best practices such as peer review and statements on author fees and licensing.

Figure 1. Venn diagram of journals overlap between Beall’s list, Cabell’s blacklist, the DOAJ, and Cabell’s whitelist.



and some whitelist criteria. Furthermore, the status of a journal may change over time, as publishers and editors abandon questionable practices or good practices. Lists therefore need to be kept up to date, and journals should be periodically reassessed.

### **Why you should avoid submitting to predatory publishers**

Completing a rigorously designed scientific study in a researcher's field entails a huge investment in time and effort and deciding where to publish the results is of the utmost importance, since the study's visibility, ease of access, and effect on the researcher's reputation will depend on the medium used. However, submitting articles to predatory journals may have serious negative consequences such as the ones listed below.

1. Fake peer review undermines the scientific conversation. One of the most common forms of fraudulent publishing practices is for predatory journals to claim to provide true peer review when they do not. This practice leads to many problems in the broader context of scientific progress. Articles with flawed research or communication issues do not receive the benefit of peer feedback before publication and can be published with inaccurate information. Articles with low-quality or deliberately false information, which true peer review would likely catch, are also sometimes published in these journals. When articles like these are published under the false pretense of having received peer review, it can allow misinformation to enter the broader research community and slow or divert effort away from more legitimate lines of investigation.
2. Publishing in a low-quality journal can make your research harder to find and less likely to be used by others. Because fraudulent journals are perceived to be low quality and untrustworthy, researchers in your field are less likely to browse those journals or read them on their own<sup>5</sup>. Therefore, articles con-

taining important research findings may be passed over by the broader scientific community. Many popular citation databases also do not index low quality journals, so other researchers may not be able to find your work just by searching by topic.

3. You could be scammed and lose your work. The goal of predatory publishers is to convince authors to pay an APC while performing the least amount of work possible on the publisher's side. Sometimes, this includes not actually publishing accepted articles, taking articles or journal websites offline without notice, or publishing submitted articles before authors have signed a publishing agreement. Since many legitimate publishers will not accept articles that have been published before, submitting an article to a predatory publisher can be risky, even if you ultimately decide not to publish with them.

### **How to spot a journal that exhibit non-standard behavior**

Analyzing opportunistic behavior by predatory journals is a challenge for many, but some strictly bibliometric indicators, namely, the Impact Factor (IF), the Impact Factor minus Author Self-Citation (IFasc), and the Article Influence (AI) score, can help researchers rate a journal's quality and ascertain whether its behavior deviates from the standards of legitimate journals. Apart from these indicators, there are other criteria that can help researchers spot low-quality open access journals that rely on questionable practices. These can be as simple as looking through the journal's archives for articles that seem off-topic, checking that the APCs and review process are clearly stated on the journal website, or just checking for grammar and spelling mistakes in solicitation emails. There are also several tools and checklists now available for verifying the identity of publishers. Table 1 provides some helpful tips on how to check the credibility of a journal or publisher. Table 2 provides a list of online resources for checking journal quality.

**Table 1.** Helpful Tips to Determine if a Journal or Publisher is Predatory

- Are there spelling or grammatical mistakes or other questionable characteristics on their website or in the solicitation email?
- Is the peer review process clearly stated on the website?
- Does the website clearly state the publishing fees?
- Is the journal indexed in databases that you use, such as MEDLINE for biomedical journals?
  - \* **Note:** not all journals with articles in PubMed are indexed for MEDLINE. To check if a journal is indexed for MEDLINE, check the journal's page in the NLM Catalog—you can do this by following the link for journal in the article's record in PubMed. If the NLM Catalog listing says the journal is "Currently indexed for MEDLINE," this means that all articles published in this journal will appear in PubMed.
- Can you easily contact the publisher?
- Are the time-stamps of incoming emails consistent with the working hours of the reported country of origin?
- Does the phone number have the correct country code?
- Is the journal a member of the Committee on Publication and Ethics (COPE) or Open Access Scholarly Publishers Association (OASPA),<sup>22</sup> or listed in the Directory of Open Access Journals (DOAJ)?

**Table 2.** Free and Subscription Resources that may be Helpful for Identifying Predatory Journals**Free resources**

- [ThinkCheckSubmit.org](https://www.thinkchecksubmit.org) is a non-profit website with a step-by-step guide to evaluating journal quality.
- **The Directory of Open Access Journals (DOAJ)** is a non-profit database containing a searchable list of high-quality, peer reviewed open access journals in all scholarly disciplines.
- **The Committee on Publication Ethics (COPE)** is a group of publishing organizations that agree to uphold certain standards ethical publishing practices. The COPE website provides a searchable database of reputable publishers and journals, guidance for authors and editors on addressing suspected misconduct, and example cases and advice for authors that have dealt with predatory publishers.
- **SCImago Journal Rank** is a free online database that provides measures of journal citation rates based on data in the Scopus database. Journals in SCImago can be sorted and filtered by subject, country, and open access status. Using SCImago can help you determine if a journal is actually indexed in a major citation database, and help you identify other high-quality journals in your subject area.
- For biomedical journals, you can check to see if a journal is in the **National Library of Medicine (NLM) Catalog**. If a journal's entry in the NLM Catalog is listed as "Currently indexed for MEDLINE," that means that all new articles published in this journal will appear in the citation database PubMed. If a journal is not in the NLM catalog or has an entry in the NLM Catalog but is **not** listed as indexed for MEDLINE, that may mean that it is either not considered a biomedical journal, or that it might not be considered a trustworthy journal.
- **Stop Predatory Journals** is a crowd-sourced project that provides lists of potentially predatory journals and publishers, journals with names intended to imitate those of legitimate journals, and potentially fake or misleading journal metrics systems. However, the administration is anonymous so the process for labeling predatory publishers lacks transparency.

**Subscription resources**

- Cabells International is a for-profit company that sells two subscription-based journal directories—**Cabells' Whitelist**, which contains journals verified to provide high-quality peer review and transparent business practices, and **Cabells' Blacklist**, which contains journals with questionable or problematic business practices.<sup>32</sup> Both lists contain in-depth explanations for each entry, an explanation of their methods, and ways for users and publishers to report errors or appeal mis-categorizations.
- **Journal Citation Reports (JCR)** is a journal analysis tool that is currently owned and maintained by Clarivate Analytics. JCR uses data from Web of Science, a subscription citation database also owned by Clarivate, to provide high-quality measures of journal impact metrics, including Journal Impact Factor (JIF).<sup>34</sup> This tool can help authors verify citation metrics for potentially predatory journals and identify high-quality journals in their field.

### Controversy cases and challenges

Frontiers and MDPI are large OA-only publishers that are arguably exemplars of grey publishing. Both publishers have been successful in recent years, as evidenced by rising APCs, founding of new journals and increases in publishing volume. However, both publishers have faced criticism and controversy over business practices, particularly regarding excessively permissive peer review and subordination of academic functions to business interests. Founded in 1996, Basel, Switzerland-based MDPI, has 213 open-access journals, of which 37 now have an impact factor. In 2014, it was briefly included on a list of predatory publishers maintained by Jeffrey Beall, a librarian at the University of Colorado in Boulder, but it was removed after the company appealed the decision. Today, MDPI is included in DOAJ.

Frontiers Media is a large open-access publisher that has been in operation for over a decade, and has published many high-quality research articles across various academic disciplines. Frontiers journals have become a conspicuous presence in academic publishing since they started in 2007 with the advent of Frontiers in Neuroscience. However, it was clear that the publishers had several innovative ideas that were attractive to authors, with a pleasant online interface and a collaborative review process that made engagement with reviewers more of a discussion than a battle with anonymous critics. Like many other online OA journals, the editorial decision to publish was based purely on an objective appraisal of the soundness of the study, not on a subjective evaluation of importance, novelty or interest. As word got around that respectable scientists were acting as editors, reviewers and authors of the paper in Frontiers, people started to view it as a good way of achieving fast and relatively painless publication, with all the benefits of having the work openly available and accessible to all.

Following its inclusion in Beall's list, some researchers and academics still consider it a reputable publisher, while others have raised concerns about its business model and the peer review process. However, based on the above-mentioned criteria, scholars can easily spot which journals are truly predatory. For example, one of the journals in the Frontiers group, Frontiers in Medicine (not to be mis-

taken with Frontiers of Medicine by Springer Nature publisher), is currently a member of the Committee on Publication Ethics (COPE) and indexed in: UGC CARE, Scopus, Web of Science (SCIE), DOAJ, and PubMed, with the latest impact factor of Frontiers in Medicine, is 5.058, SJR (SCImago Journal Rank) of 1.388 and indexed in Scopus in the Quartile Q1. An indexed journal means that the journal has passed a review process of specific requirements done by a journal indexer. Therefore, it should be helpful to differentiate it from the true predatory journal.

Evaluating obvious black-and-white cases of predatory publishing is relatively simple. In modern publishing, how academics, librarians and their institutions handle the multiple shades of grey – and where they draw economic and professional lines between legitimate and illegitimate – will be a much more significant and profound challenge. Efforts to counter predatory publishing need to be constant and adaptable. Predatory journals also quickly adapt to policies and measures designed to foil them. As scientific publishers experiment with new formats and business models online, it has become increasingly easy for fake publishers to masquerade as legitimate ones.

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# INA-RESPOND Newsletter

## EXERCISE AS AN IMPORTANT COMPONENT OF LIFESTYLE MODIFICATION TO CONTROL BLOOD PRESSURE

By: Risky Dwi Rahayu

### Introduction

Hypertension is the most common disease in primary care centers<sup>1</sup>, contributing to 8.5 million deaths due to stroke, ischemic heart disease, and other vascular and renal diseases<sup>2</sup>. This non-communicable disease is preventable, easily detected, and effectively controlled by low-cost treatment. The prevalence of hypertension worldwide doubled in 29 years, with 626 million women and 652 million men affected in 2019<sup>2</sup>. In Indonesia, based on measurements, the prevalence of hypertension reached 34.1% of the adult population<sup>3</sup>. The treatment and control rates vary according to the income level of countries and location<sup>2</sup>. In 2019, it was found that the treatment rate was less than 25% for women and less than 20% for men in Nepal, Indonesia, and some countries in sub-Saharan Africa and Oceania.

### Definition of Hypertension

Primary hypertension is defined by having a resting systolic blood pressure (SBP) of  $\geq 140$  mmHg and/or a resting diastolic blood pressure (DBP) of  $\geq 90$  mmHg, based on 2-3 in-office or clinic visits/measurements at 1-4 weeks intervals<sup>4,5</sup>. Office or clinic blood pressure is most commonly used as the basis of diagnosis and follow-up. The measurement should be conducted according to the recommendations in Figure 1.

Based on the 8th Joint National Committee, there are several recommendations to treat hypertension and its corresponding treatment goal<sup>1</sup>. For individuals older than 60, pharmacologic treatment is started at SBP of  $\geq 150$  mmHg and DBP of  $\geq 90$  mmHg to reach

a blood pressure goal of less than 150/90 mmHg. In the general population less than 60 years old, hypertension is treated if SBP is  $\geq 140$  mmHg and DBP is  $\geq 90$  mmHg. The goal of treatment is SBP  $< 140$  mmHg and DBP  $< 90$  mmHg. For those with diabetes or chronic kidney disease and are aged  $\geq 18$  years old, pharmacologic treatment is started at SBP of  $\geq 140$  mmHg and DBP of  $\geq 90$  mmHg to lower the blood pressure to less than 140/90 mmHg. A healthy diet, weight control, and regular exercise for individuals with hypertension can improve blood pressure control and reduce medication needs<sup>1</sup>.

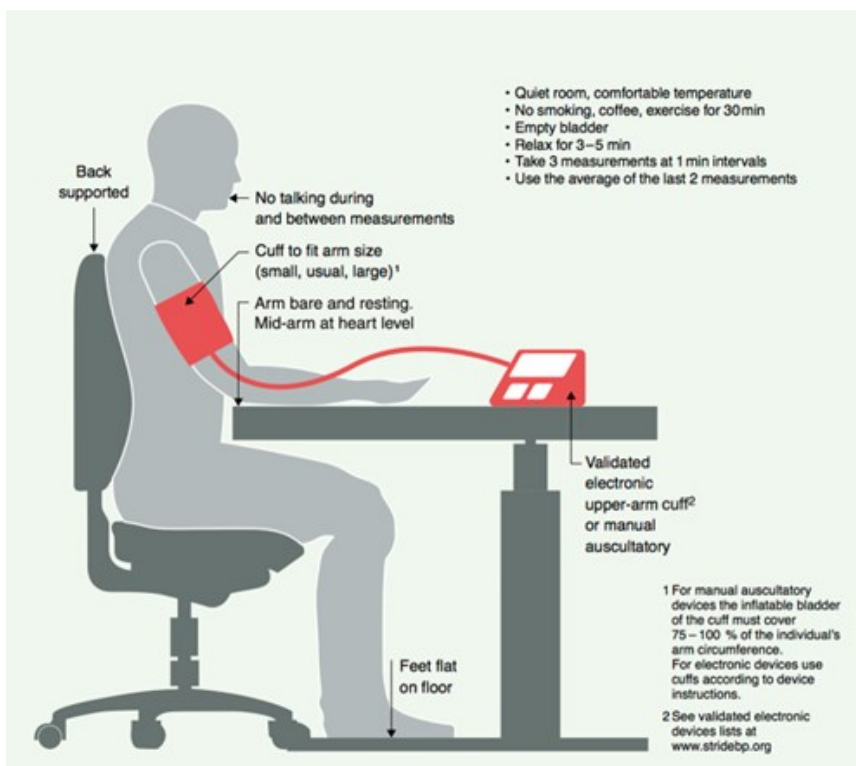


Figure 1. How to measure blood pressure at the office/clinic<sup>5</sup>

Hence, it is important to understand the principles of exercise that are beneficial for individuals with hypertension.

**Exercise Recommendation for Hypertension**

Among adults at all blood pressure levels, aerobic physical activity decreases systolic blood pressure by an average of 2–5 mm Hg and diastolic blood pressure by an average of 1–4 mm Hg, respectively<sup>6</sup>. The interventions were shown to be effective with 3–4 sessions (lasting on average 40 min/session per week) for at least 12 weeks and involving moderate- to vigorous-intensity physical activity. It is also reported that regular aerobic exercise decreases cardiac wall thickness and left ventricular mass in individuals with hypertension and prehypertension<sup>7</sup>. Aerobic exercise should be emphasized, but moderate-intensity resistance training should complement it. Flexibility training should be performed after a thorough warm-up or during the cool-down period, following the guidelines for healthy adults. The complete recommendation is outlined in Table 1.

The intensity of aerobic exercise is measured by the percentage of heart rate reserve (HRR). To calculate HRR, one should know the maximum and resting heart rates. Maximum heart rate is calculated as 220 minus the individual's age in years while resting heart rate is measured after waking up in the morning before getting out of bed. Although it is recommended to engage in continuous or accumulated exercise,

individuals with hypertension could also perform intermittent aerobic exercise, beginning with a minimum of 10 minutes per bout. The preferred type of aerobic exercise is prolonged and rhythmic activities using large muscle groups.

The intensity of resistance exercise is measured by 1-RM, the maximum weight an individual can lift for one repetition of an exercise. It means that there will be a different 1-RM value for each muscle or muscle group. For older and novice individuals, the load could be started at 40-50% 1-RM. Identifying 1-RM can be challenging for most individuals. Therefore, it is recommended to consult with a sports and exercise medicine specialist to obtain a detailed exercise prescription.

For most asymptomatic individuals with hypertension or prehypertension, performing a light-to-moderate intensity exercise program, such as walking, does not require medical evaluation or exercise testing. However, for individuals with uncontrolled hypertension, it is recommended to consult with a physician before initiating an exercise program to determine if an exercise test is needed. Individuals with stage 2 hypertension (SBP ≥ 160 mmHg and DBP ≥ 100 mmHg) or with target organ disease (left ventricular hypertrophy, retinopathy) should not perform any exercise or exercise testing before undergoing a medical evaluation and adequate blood pressure management. They should perform a medically supervised exercise test

	Aerobic	Resistance	Flexibility
Frequency	5-7 days per week	2-3 days per week	2-3 days per week
Intensity	<i>Moderate</i> (40-59% Heart Rate Reserve)	60-70% 1RM may progress to 80% 1-RM	Stretch to the point of feeling tightness or slight discomfort
Time	<sup>3</sup> 30 minutes/day of continuous or accumulated exercise.	2-4 sets x 8-12 repetition for each of the major muscle group	2-4 repetitions of static stretch for 10-30 seconds each exercise
Type	Walking, cycling, swimming	Machine, free weights, body weights	Static, dynamic, and/or PNF stretching

with symptom limitations before engaging in an exercise program. While performing an exercise test, it is preferred that individuals take their usual antihypertensive medication as recommended or under the supervision of a healthcare professional.

Exercise testing and vigorous-intensity exercise for individuals with hypertension at moderate-to-high risk for cardiac complications should be medically supervised until the safety of the prescribed activity has been established. Inhaling and breath-holding while performing resistance training (Valsalva maneuver) should be avoided because it could result in extremely high blood pressure responses, dizziness, and even fainting. Upper body exercise produces higher SBP. Hence, it should be performed with medical supervision and with a detailed exercise prescription from a sports and exercise medicine specialist. Individuals must be aware that the blood pressure-lowering effects of aerobic exercise are immediate and physiological (post-exercise hypotension). Termination of the exercise should be gradual, and the cool-down period should be extended and carefully monitored until blood pressure and heart rate return to near-resting levels.

### Conclusion

To summarize, the number of individuals with hypertension is increasing worldwide. For each blood pressure level, there are different treatment goals. However, exercise is an important part of lifestyle modification to improve blood pressure control and reduce medication needs. Aerobic exercise is recommended to lower blood pressure levels, but it should be supplemented with resistance and flexibility training. Exercise could be medically supervised or not, depending on the level of hypertension control and the presence of target organ diseases. Each individual can initiate a walking program directly without supervision as long as the intensity is low.

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# INA-RESPOND Newsletter

## LOVE LANGUAGE: 10 IDIOMS & EXPRESSIONS TO SAY I LOVE YOU OR TALK ABOUT LOVE IN ENGLISH

By: Dedy Hidayat



LANGUAGE & CULTURE

February is known as the month of love, thanks to the holiday that takes center stage in the middle of the month: Valentine's Day. Many people use this day to celebrate romantic love, whether through gift-giving, special dates, or simply spending time with loved ones. But, beyond February 14, how do we express and discuss love in our everyday lives? One answer can be found in the many idioms and expressions that we use to describe our feelings of affection, desire, and devotion.

Idioms are phrases that convey a figurative meaning beyond their literal definition, often with a cultural or historical origin. When it comes to expressing love, they can be a rich source of inspiration and metaphor, helping us to describe our emotions in creative, vivid ways. From "head over heels" to "better to have loved and lost than never to have loved at all," these expressions

can capture the depth and intensity of romantic love, as well as the more playful, lighthearted aspects of attraction and flirtation. In this article, we will explore some of the most common idioms used to talk about love and romance, and consider their history, meanings, and usage in everyday language.

### **Love is in the air.**

The idiom "love is in the air" refers to a feeling or atmosphere of romance and affection that can be sensed or felt around oneself. It suggests that love and affection are in the atmosphere and can be felt by people around. It can be used to describe a situation or atmosphere in which people are experiencing or expressing their love for each other. It is often used during Valentine's Day, weddings, or other romantic occasions.

For example, a person may say, "During the spring season, love is in the air, and everyone seems to be in love with someone," suggesting that spring is a time when people tend to experience romantic feelings and express their affection for each other. Another example of using the expression is to say, "I don't know what it is about this city, but love is definitely in the air here." This suggests that the city has a romantic atmosphere that makes it easy for people to fall in love with each other.

Overall, the idiom "love is in the air" is a fun and expressive way of describing a romantic atmosphere or situation in which people are experiencing or expressing love and affection.

### **Have (someone's) eye on (somebody)**

The idiom "have (someone's) eyes on (somebody)" means to watch or observe someone with the intention of possibly pursuing them romantically. It is often used when one person is interested in another and is keeping a close eye on their actions or habits. The idiom implies that the person watching is interested in the other person and may be considering taking things further.

For example, someone might say, "I have had my eyes on that person for a while. I think they are really attractive and would like to ask them out on a date." In this case, the speaker is interested in pursuing a romantic relationship with the other person and is keeping an eye on their actions to determine if they are interested as well. Another example of using the expression is, "Ever since I saw her in the meeting last week, I can't get her out of my head. I think I have my eyes on her and I'm considering asking her out." This shows that the person is interested in the woman and is keeping an eye on her actions, demeanor, and other details to determine if she's interested as well. Similarly, a person may say, "I have my eyes on that new book, I heard it's really good and I'm considering reading it." This statement suggests that the speaker is interested in the book and is keeping an eye on its reviews, ratings, and recommendations to determine if it's worth reading.

The expression can also be used in a professional situation. We might say, "I have my eyes on that new employee. He seems really talented, and I think he would be a great addition to our team." This statement suggests that the speaker is interested in hiring the person

and is keeping a close eye on his performance to see if he would be a good fit for the team.

In general, the idiom "have (someone's) eyes on (somebody)" is a way of expressing interest in someone and keeping a close watch on their actions, whether for romantic or professional reasons. It implies that the person watching is considering taking things further and is paying attention to the other person's actions and behavior.

### **Win someone's heart**

The idiom "win someone's heart" is a common expression in the English language, but its origin is not entirely clear. It is likely a metaphorical expression that refers to the process of "winning" or gaining someone's affection, love, or loyalty. One possible theory is that the expression comes from medieval courtship rituals, where knights would participate in tournaments and jousts to win the favor of a lady. If a knight was successful in these contests, he might win the lady's heart and gain her favor.

This idiom can be used in several different contexts. In a romantic context, it might mean doing things to show your interest and affection, such as sending thoughtful messages, spending quality time together, and being supportive and attentive. In a friendship context, it might mean being a loyal and trustworthy friend who is always there to lend a listening ear and offer support when needed. In a business context, it might mean impressing a potential client or partner with your professionalism, expertise, and dedication to their needs. Examples:

- "He surprised me with a romantic gesture that completely won my heart."
- "I knew I had to win her heart before I could ask her to be my girlfriend, so I took the time to get to know her and show her how much I cared."
- I knew I had to do something special to win Mike's heart back after I accidentally forgot his birthday last year.
- If you want to win the heart of your clients and build a loyal customer base, you need to provide top-notch customer service and go above and beyond to meet their needs.



### Eyeing someone

"Eyeing someone" typically means to look at someone with interest, often in a way that suggests romantic or sexual attraction. Here are some examples of how this phrase might be used in different contexts:

- When John walked into the room, Jane couldn't help but eye him up and down, admiring his tall, muscular frame.
- As soon as the attractive server approached their table, Amy's friends could see her eyeing him with interest, batting her eyelashes and flirting shamelessly.
- After years of marriage, Sarah still found herself eyeing her husband from across the room, feeling a rush of affection and desire for the man she loved.
- When Alexa caught Tom eyeing her from across the crowded bar, she felt a thrill of excitement and anticipation, wondering if he might be interested in more than just a casual glance.

It's worth noting that while "eyeing someone" often has a flirtatious or suggestive connotation, it can also simply mean to look at someone intently or with curiosity, without any romantic or sexual interest. The context in which the phrase is used can help determine its meaning. For example:

- The store detective was eyeing the shoplifters carefully as they walked through the aisles.
- I noticed my boss eyeing me during the meeting, so I made sure to pay attention and take good notes.

### Fall for somebody / Head over heels (in love)

"Fall for somebody" and "head over heels" are similar in that they both describe a state of being infatuated or deeply attracted to someone. However, there are some differences between the two expressions.

"Fall for somebody" typically means to develop romantic feelings or a strong attraction towards someone. This expression implies that the person is not in love yet but is becoming more and more interested in the other person. It can also be used to describe being deceived or tricked by someone.

On the other hand, "head over heels" is an idiom used to describe being completely and deeply in love with

someone. When someone is "head over heels" in love, they are so smitten with the person that they feel like they're falling forward and landing head over heels. It's a fun way to express how you feel when you're smitten with someone. Here are a few examples of how the phrases can be used:

- Emma didn't expect to fall for her best friend, but after spending more time together, she realized she had feelings for him.
- Mark was surprised to find himself falling for his neighbor, whom he had never noticed before.
- "Despite the distance between us, I still find myself head over heels in love with Sam. I can't wait until we can be together again."
- "I never expected to fall head over heels for Jake, but something about him just captivates me. I feel like I'm on cloud nine when I'm with him."
- "As soon as I saw her, I knew I was head over heels in love. There's just something about her that makes my heart skip a beat."
- "I don't think I've ever been this head over heels in love with someone before. Every time I'm around her, I feel like I'm walking on air."

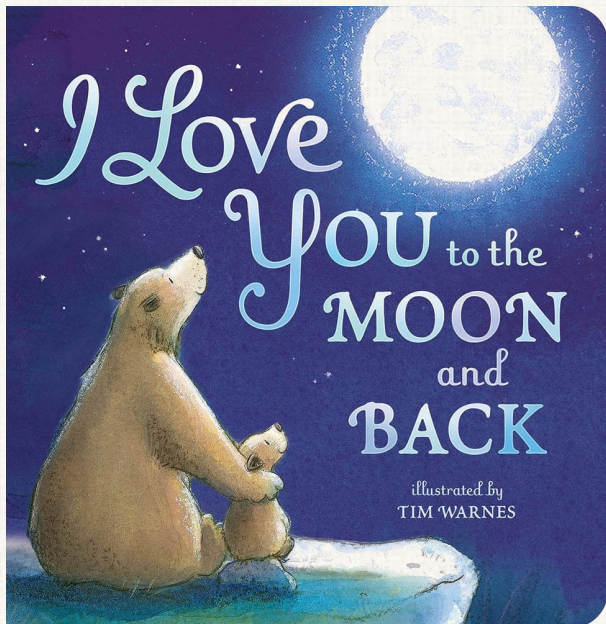
In summary, while both "fall for somebody" and "head over heels" describe a state of infatuation or attraction, "fall for somebody" can indicate a growing interest or the possibility of being deceived, while "head over heels" implies a more intense and complete level of feeling.

### I love you to the moon and back / I love you 3000.

"I love you to the moon and back" is an expression that is commonly used to express deep and unconditional love. The phrase originated from the children's book *"Guess How Much I Love You"* by Sam McBratney, which tells the story of a young rabbit and his parent expressing their love for each other.

The phrase suggests that the love being expressed is immeasurable, as the distance to the moon and back is vast and cannot be quantified. Here are some examples of how the expression might be used:

- ⇒ A parent might say to their child, "I love you to the moon and back" to express the depth of their love for their child.



- ⇒ In a romantic relationship, one partner might say to the other, "I love you to the moon and back" to express the intensity of their feelings.
- ⇒ A friend might use the expression to reassure their friend of their love and support, saying "I love you to the moon and back, no matter what happens."

Similarly, the expression "I love you 3000" is a reference to a line from the 2019 Marvel superhero movie "Avengers: Endgame." In the film, the character Tony Stark (played by Robert Downey Jr.) says "I love you 3000" to his daughter Morgan. The line has since become a popular catchphrase and meme among fans of the Marvel Cinematic Universe.

The meaning behind the line is not entirely clear, but it is generally understood to be a way of expressing a deep and unconditional love for someone. It has become a way for people to express their love and affection for others, often with a lighthearted or humorous tone.

The catchphrase becomes an inspiration for the song "I Love You 3000," a song written and performed by the Indonesian singer, *Stephanie Poetri*, released in 2019. Stephanie Poetri has stated in interviews that she is a big fan of the Marvel movies and that the line from "Avengers: Endgame" resonated with her. The song has since become a viral hit on social media platforms like TikTok and Instagram, where it has been used in videos

featuring romantic or heartwarming moments. The song's popularity has also led to remixes and covers by other artists, further spreading its message of love and affection.

### **Love is blind**

Have you ever felt that the person you love is so perfect and everything about them is just grand even though we know that nobody is perfect? The idiom "love is blind" suggests that when we're in love, we're often unable to see the flaws or shortcomings of the person we're in love with. It's a way of acknowledging that love can make us overlook things we might otherwise notice.

The origin of this phrase is unclear, but it has been used in various forms in literature and popular culture for centuries. One possible origin is from the poet Geoffrey Chaucer's "The Merchant's Tale" in his collection "The Canterbury Tales," (late 14th century) where he writes "For love is blind all day and may not see." Another possible origin is from the 16th-century proverb, "Love is not just blind, it is also deaf."

The idiom has since become a popular expression used in modern culture to describe situations where people are infatuated with someone and unable to see their faults or negative qualities. For examples:

Sarah's family was worried about her getting married to someone she had only known for a few months, but she was convinced that he was the one for her. She believed that love was blind and that she just knew in her heart that he was the right person.

Tom had always been a practical, level-headed person, but when he fell in love with Maria, he found himself doing things he never would have imagined. He knew that love was blind, but he couldn't help himself.

### **Love conquers all**

It's no secret that feelings are complex and relations between two people can be difficult. People say "love conquers all" to express the idea that love can overcome anything that stands in its way. This can include things like distance, cultural differences, social barriers, or even personal struggles such as mental health issues.

Here are a few examples of how to use the idiom:

- Despite living on opposite sides of the world, John and Mary's love for each other conquered the distance between them.
- Jane's parents disapproved of her relationship with Tom because of their different backgrounds, but their love for each other conquered all the social barriers.
- After going through a difficult time in their relationship, Dennis and Lisa realized that their love for each other was strong enough to conquer all their problems.
- Despite the challenges that came with raising a child with special needs, Sarah and her husband's love for their son conquered all the obstacles they faced.
- The novel tells the story of a young couple whose love for each other conquered all the prejudices and biases of their society.

#### **You're the cheese to my macaroni.**

If you're a foodie, you'd probably know what this expression means. The phrase "you're the cheese to my macaroni" is often used as a term of endearment between two people who have a close and special relationship, such as romantic partners, close friends, or family members. It implies that the two people are perfect together and complement each other, just like cheese and macaroni make a perfect combination.

The phrase became popularized by the 2001 movie *"It's a Boy Girl Thing,"* in which the main character uses the phrase to express his love for his best friend. It has since become a common way to express love and affection between two people. Try saying this to your partner/loved ones to make them feel really loved, "*You're the cheese to my macaroni, the sun to my sky, and the beat to my heart. I love you more than words can express.*"

#### **Better to have loved and lost than never to have loved at all.**

We've come to the last expression in this article. The phrase "better to have loved and lost than never to have loved at all" is often attributed to the British poet Alfred Lord Tennyson. The sentiment behind the phrase is that even though the experience of losing someone you love

can be painful and difficult, the experience of having loved and been loved is still valuable and worthwhile.

Love is a powerful and transformative experience that can bring great joy, happiness, and meaning to our lives. Even if a relationship ends, the memories and experiences of that love can stay with us and shape who we are. In contrast, never experiencing love can leave us feeling unfulfilled and longing for something that we've never had.

Loving someone and being loved in return can also teach us important lessons about ourselves and others, help us grow and develop as individuals, and inspire us to be more compassionate, caring, and understanding. Even though the pain of losing someone can be difficult, the experience of love can still be seen as a gift that enriches our lives in many ways.

To end this article, here are three songs that you may find interesting as they contain idioms and expressions to talk about/describe love and romance (not to mention that they are really romantic!):

⇒ "Can't Help Falling in Love" by Elvis Presley: This classic song contains the idiom "wise men say..." to describe the inevitability of falling in love.

<https://www.youtube.com/watch?v=vGJTaP6anOU>

⇒ "Thinking Out Loud" by Ed Sheeran: This song contains the idiom "we found love right where we are" to describe the idea that love can be found anywhere.

<https://www.youtube.com/watch?v=lp-EO5I60KA>

⇒ "I Will Always Love You" by Whitney Houston: This song describes the act of selfless love. Lyric: "And I wish you joy and happiness, but above all this, I wish you love."

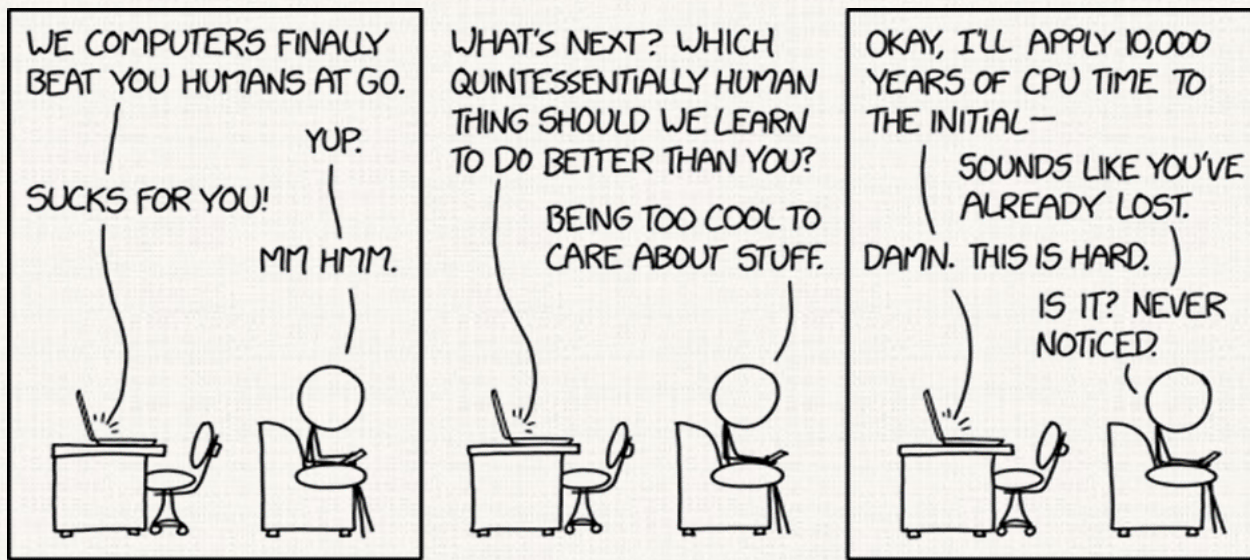
<https://www.youtube.com/watch?v=3JWtaaS7LdU>

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# INA-RESPOND Newsletter

## "THE POWER OF NATURE: THE SURPRISING BENEFITS OF LIVING IN A GREEN ENVIRONMENT"

By: Aly Diana



COMIC CORNER

Disclaimer: I am not an AI fanatic. I am just having fun while the free version of ChatGPT is still accessible; so I can make an "evidence-based decision" once the free access is no longer available. The following article was written by the "AI"; without any revisions. I will provide a brief explanation of the process below.

### "The Power of Nature: The Surprising Benefits of Living in a Green Environment"

The study by Lahdenpera et al investigated the relationship between exposure to residential green environments and the composition of human milk oligosaccharides (HMOs), complex sugars found in human breast milk that play an important role in infant gut health and development. The researchers found that the diversity and composition of HMOs varied among mothers living in different residential green environments.

These findings suggest that exposure to green environments may have a positive impact on the compo-

sition of HMOs in human milk, and therefore, may play a role in shaping the gut microbiome of infants in a positive way. This is an important discovery as the gut microbiome plays a crucial role in infant health and development, and disruptions to its composition have been linked to a range of health problems, including allergies, obesity, and autoimmune diseases.

In addition to these potential benefits for infant health, exposure to green environments has been shown to have numerous positive impacts on human health and well-being more broadly. For example, studies have found that exposure to green spaces can reduce stress levels, improve mental well-being, and promote physical activity. Furthermore, green spaces can improve air and water quality, provide habitat for wildlife, and serve as important cultural and recreational resources for communities.

Given these numerous benefits, it is important to ensure that communities have access to high-quality

green spaces. This can be achieved through a variety of strategies, including the creation of new parks and green spaces, the restoration of degraded natural areas, and the protection of existing green spaces from development and other threats. In addition, efforts to promote physical activity and time spent in nature should be an important part of public health and community-based initiatives.

In conclusion, the study by Lahdenpera et al highlights the importance of green spaces in promoting healthy infant development and suggests that exposure to green environments may play a role in shaping the gut microbiome of infants in a positive way. While more research is needed to fully understand these findings and their implications, the results of this study, along with a growing body of research, emphasize the need for continued investment in green spaces and the importance of preserving and protecting them for the health and well-being of communities.

#### Main sources:

Lahdenperä, M., Galante, L., Gonzales-Inca, C. et al. Residential green environments are associated with human milk oligosaccharide diversity and composition. *Sci Rep* 13, 216 (2023). <https://doi.org/10.1038/s41598-022-27317-1>

#### The process:

Me : Could you please summarise this article (Residential green environments ... by Lahdenpera et al) and make a short article for a newsletter (450-500 words)?

ChatGPT : I'm sorry, but I don't have access to the article, ...

*Note: chatGPT has been fed information until 2021, so newer information cannot be recalled without an "extra feeding"*

Me : This is the link: <https://www.nature.com/articles/s41598-022-27317-1>

ChatGPT : I'm sorry, but I cannot access the link as it requires a subscription. ...

Me : It's an open access paper though. Please try this link: [10.1038/s41598-022-27317-1](https://doi.org/10.1038/s41598-022-27317-1)

ChatGPT : Thank you for the correct link!  
.... (It generates a short article)

Me : It is not 450-500 words, could you please elaborate more? Can also cite other similar studies, the pros and the cons. Thank you.

ChatGPT : .... (It generates a short article)

Me : Could you please add more positive impacts about green environments and recommendations in the article above?

*Note: We can see the results as stated above. Additionally, I asked ChatGPT for title suggestions and for providing references.*

#### WARNING!!!

Don't trust the references provided by ChatGPT as some may contain errors, others may not exist, and some DOI numbers may be false. Please check and verify any results come from ChatGPT.

#### Quote from the ChatGPT:

"It is always a good practice to verify and double-check any information obtained from AI models like me."



## INA-RESPOND Newsletter

The Indonesia Research Partnership on Infectious Disease newsletter is an internal bulletin of INA-RESPOND research network intended to disseminate information related to the network's studies, activities, and interests to all members of the network as well as its sponsors and related parties.

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