

## OPEN PEER REVIEW

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An "Open Peer Review" process is making the details of all review process (including reviewers, associate editors, and EICs comments) as "Public" as it is agreed by EIC, Authors, and reviewers.

## Advantages of "Open Peer Review" process

- More transparency, constructiveness and tactful comments of the peer review process: leads to an increase in the quality of reviews
- More motivations for all involved roles in the review process
- Authors' satisfactions from the review process: Increases honesty between authors and reviewers
- Education of both authors and new students
- Prevents reviewers from following their individual agendas and leading to the detection of reviewers' conflicts of interests

You can find out more at:

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## Peer Review Report for "The Effect of Water Therapy and Jogging Exercises on the Health-Related Factors of Physical Fitness of Elderly Women"

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### Review Timeline:

▶ Submit Date:	22 Mar 2021
▶ Revised Date:	19 Apr 2021
▶ Accepted Date:	29 Apr 2021

Revision (0)

Here, you can see the **Reviewers**, **Associate Editors** and **EICs'** comments from the beginning to the end of the revision process.

**REFEREE:** EIC | Revision (0)

29 Apr 2021

Revision 0:

Reviewer 1:

Comments:

The research idea is interesting, but it needs some minor revisions in the introduction, methods, and discussion. You can refer to the following references:

- 1- What kind of study is it (research design)? Please clarify and put in both methods of abstract and methodology sections.
- 2- A native English translator must improve the language.
- 3- P-value for results? All P-values were reported as follows. We added it in the abstract.
- 4- More relevant works should be referenced regarding depression and aging.
- 5- The necessity of such research should be more explained.
- 6- All figures have Low resolution.
- 7- Why have you studied just women in the study?
- 8- The best strategy for reporting the results would be using both figures and tables alongside. Consider the point and if possible, do that.

Reviewer 2:

Take the given points into consideration.

- First, explain some problems in aged populations which disturb their daily functioning independency.
- As the study is intended to find a solution for falling, preferably, report data regarding this problem in the elderly.
- what are the reasons for obtained results. Focus more on this issue in the discussion part.
- Demographic Characteristics of Participants should be reported.
- Inclusion criteris?
- Name the instrument used for measuring body composition.
- Online link for ethical approval code?
- Give the appropriate reference for Standing Seat Test
- use symbol (e.g, \*) in figures for showing significant differences

AE: Please indicate the answers to all the questions in a different color in the text and explain your reasoning.

EIC: Check the attached files and provide the necessary modifications.

Revision 1:

Dear Editor in Chief and Reviewers,

We thank you for the review and all the suggestions made. We believe they were important for improving the manuscript.

All suggestions provided by the reviewer were reviewed and answered.

Please, find below all Reviewer comments and authors' responses.

Respected Reviewer 1:

Comments:

1- What kind of study is it (research design)? Please clarify and put in both methods of abstract and methodology sections.

We added the design "Semi experimental study was performed by pretest-posttest design".

2- A native English translator must improve the language.

Our English expert co-author (Shakiba Farzian) reviewed the abstract another time to improve the language. When the language review was solicited in the initial scrutiny, we attached one certificate that proves the article's language revision by a native speaker.

3- P-value for results? All P-values were reported as follows. We added it in the abstract.

It was shown that both water therapy exercises and jogging had a significant effect on static ( $P = 0.03$ ), dynamic ( $P = 0.04$ ), and lower limb strength [ $P = 0.03$  and ( $P = 0.01$ ) for WTE and JG, respectively] and physical flexibility scores ( $P = 0.03$ ), but there was no significant difference between the two experimental groups in all research variables ( $P \geq 0.05$ ).

4- More relevant works should be referenced regarding depression and aging.

The following references were added to the work as follows:

“Kimura T, Kobayashi H, Nakayama E, Hanaoka M. Effects of aging on gait patterns in the healthy elderly. *Anthropos Sci.* 2007;115(1):67. doi: 10.1537/ase.060309.”

“Simonsick EM, Guralnik JM, Volpato S, Balfour J, Fried LP. Just get out the door! Importance of walking outside the home for maintaining mobility: Findings from the women's health and aging study. *J Am Geriatr Soc.* 2005;53(2):198-203. doi: 10.1111/j.1532-5415.2005.53103.x. [PubMed: 15673341].”

5- The necessity of such research should be more explained.

We added some parts which clarify the research necessity well (refer to page 2, paragraph 3, highlighted in red line).

6- All figures have Low resolution.

We improved the resolution of all Figures.

7- Why have you studied just women in the study?

One of the limitations of this study was the gender of the subjects, in which only older women were recruited, and men can be used in future research. Because psychological factors such as fear, anxiety, stress, depression, and self-esteem decline with age, the role of these factors should be considered in future research.

8- The best strategy for reporting the results would be using both figures and tables alongside. Consider the point and if possible, do that.

done

Respected Reviewer 2:

Take the given points into consideration.

-First, explain some problems in aged populations which disturb their daily functioning independency.

Response: the references num 1,2 and 3 were added and this sentence was added to focus on the mentioned comment: Elderly is a stage in which the physiological and mechanical performance of the body diminishes and the cardiovascular function gradually decreases (1,2,3)

-As the study is intended to find a solution for falling, preferably, report data regarding this problem in the elderly.

Response: We used ref 10 to refer to it as follows:

Approximately 30% of people over 65 years of age drop at least once and 15% yearly twice or more (10)

- what are the reasons for obtained results. Focus more on this issue in the discussion part.

Response: do as the following sentence:

Changes in body composition (muscle gain and fat loss) that occur as a result of physical activity can be effective in maintaining balance with the ease of use of the muscular nervous system (6, 19). One of the possible reasons for improving balance can be attributed to the increase in neurological fitness created by exercise. reorganization in the sensory cortex, increased efficiency, and synaptic communication power, increased nervous system activation, decreased neural inhibitory reflexes, decreased neurotransmitter resistance to transmission impulse, and improvement are some more reasons.

- Demographic Characteristics of Participants should be reported.

Response: It was added as table 1.

- Inclusion criteris?

Response: The inclusion criteria were: BMI > 25, waist-hip ratio > 90%, and visceral fat > 90 cm<sup>2</sup>.

Name the instrument used for measuring body composition.

Included: body composition analyzer ZEUS 9.3.

-Online link for ethical approval code?

Response: We do not have an online link. The research was approved by the ethical committee of Qazvin University of Medical Sciences (IR.QUMS.REC.1397.324).

-Give the appropriate reference for Standing Seat Test

Ref 16 was cited for the above-mentioned test.

- use symbol (e.g, \*) in figures for showing significant differences

Response: Done

AE:

The corrections made to the comments and revisions have led to the strengthening of the work and it's accepted.

EIC:

It is hereby declared that the article is accepted