OPEN PEER REVIEW

Open Peer Review (OPR)

As a new feature for progressing towards transparency, we decided to open a new window for all of our editors as well as authors titled "**Open Peer Review**". We hope by this new facility, our reviewers will be more motivated and authors will be more satisfied with the review process. We believe that publishing our peer review reports could make a transparent and clear environment for all our efforts within a journal, but not all reviewers tend to publish their comments.

What is "Open Peer Review" process?

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

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Asian Journal of Sports Medicine
Article DOI: 10.5812/asjsm.104372
Published in: Asian Journal of Sports Medicine: 12(2); e104372

Peer Review Report for "Comparison of the Effects of Treadmill Running and Rope Jumping on the Excretion of Mass-Like Urinary Stones Following Extracorporeal Shock Wave Lithotripsy"

Author(s): Masoumeh Shohani, Mansour Masoumi, Hossein Seidkhani, Mosayeb Mozafari, Homayoun Ebrahimi Nejad

Review Timeline:

Submit Date: 2 May 2020
Revised Date: 28 Nov 2020
Accepted Date: 8 Dec 2020

Revision (0)

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

REFEREE: Reviewer | **Revision** (0) 15 Jul 2020

Dear AE,
Comments for the authors:
- English languish was not good. please editing the manuscript, totally.
Abstract:
- Line 2, “removing” changes to “crushing”.
Introduction:
- Introduction is too long. The pathophysiology and cause of development of stone should be removed. in this part , any gap, question, hypothesis should be declared. hypothesis is missing
- ‘Wait-and-see” change to “watch full waiting”.
- “Painkiller” changes to “reducing pain drugs”
Methods:
- Control group must be explaining in this section and abstract.

- “Unwilling to continue study” in exclusion criteria is not correct. This is “loss of follow up”. Notice that their number?
- Paragraph 2 in inclusion criteria in not correct .put this paragraph in another part of the methods section.
- How did they recruit these men? Did they use any kind of advertisement / incentive? It is not clear how the authors provided treadmill to the patients. Did the patients purchase them or did the authors provide the treadmill? If the 2nd scenario is valid, who sponsored the cost of that? If there is a company support, this issue must be mentioned.
- Did you match the groups? Matching of groups was not seen in the text and tables. If not, it should be mentioned at the end of discussion section.
- Results: good

Discussion:

- Limitations must be noticed at the end of discussion.
- There is no need P value in discussion.
- The discussion section was incomplete and week, in fact there was no discussion at all. In the discussion part you should write the main(s) finding(s) at first and then allude to other studies. “You remember that no similar article did not see and therefore unable to comparing”. At least the article mention the effect of exercise on stone repulsion such as PMID: 27495297, 9031423, 18249055,14672358,15962183,16753386,……

Reference:

- References were not based on the journal rules. Reference 9,10 and 12 were not seen in the text.
- Up title of figures must be corrected “ekhtelafebedarsad?” What’s mean? This is English language journal.

Thanks

REFEREE: Reviewer | **Revision** (0) 8 Aug 2020

Dear AE,

Abstract

- Objectives: The purpose of this study was to compare the effect of running on a treadmill and rope jumping exercises on the excretion of mass-like urinary stones followingESWL in patients referred to the Asia clinic of Ilam city in 2019. Please delete “in 2019 “.
- Patients and Methods: Please delete “Patients “.
- Patients and Methods: The method of sample selection, as well as data collection, are inaccurate
- Result: The value of p must be corrected, for example Change " P <0.002 “with " P = 0.002 ".

Introduction

- More new literature review and state what exactly has been done by others
- use new reference (2017-2020)

Method

- Treadmill running exercise needs a valuable reference(s).
- The rope jumping exercise needs a valuable reference(s).

Result

- The value of p must be corrected, for example, Change " P <0.002 “with " P = 0.002 ".

- Table 1: The value of Age (years), Weight (kg), Height (cm), and BMI (Kg/cm2) must be presented as Mean ± SD.
- If possible, the figures should be removed and displayed as bar charts and a significant value should be specified on the charts

Discussion

- In general, the discussion section is very weak and incompletely written
- The authors should firstly provide their findings, compare them with the available evidence if any, and then provide the possible mechanisms that are resulting from these observations.
- Use newer references (2017-2020)

Thanks

REFEREE: Associate Editor | **Revision** (0) 18 Aug 2020

Dear EIC,
The manuscript is studied, and there are some comments which should be addressed by the author. According to the comments, the document needs major revision.
Kind regards,

REFEREE: EIC | **Revision** (0) 18 Aug 2020

Dear Authors,
Thank you for submitting your manuscript to Asian J Sports Med. Your manuscript has now been reviewed by two reviewers and an Associate Editor. I now have the reports of the Referees, which suggest that your manuscript might be suitable for publication following a number of revisions. I attach some reviewer comments and invite you to submit a revised version of your manuscript addressing the points made.
Regards

OPEN PEER REVIEW

Revision (1)

Reply to Reviewers

Ideally, the reviewing process can significantly improve the submitted manuscripts by allowing the authors to take into account the advice of reviewers. Author(s) must reply to all reviewers' comments in a separate Word file, point by point. A "**Reply to Reviewers**" document is submitted along with revised manuscript during submission of revised files, summarizing the changes that the authors made in response to the reviewers' comments. The responses to reviewers' comments specifies how the authors addressed each comment the reviewers made.

You can read the authors' responses to the reviewers' comments in the next page.

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Date: چهارشنبه ۱۹ اوت ۲۰۲۰، ۰۱:۳۵
Subject: Asian J Sports Med | ID: 104372, rev [0] | Manuscript Needs Major Revision
To: <homaione505@gmail.com>

Journal:	**Asian Journal of Sports Medicine**
Manuscript ID:	104372
Title:	Comparison the Effects of Treadmill Running and Rope Jumping on Excretion of Mass-Like Urinary StonesfollowingExtracorporeal Shock Wave Lithotripsy
Revision:	[0]

Dear Mr. HomaioneEbrahimi,

Thank you for submitting your valuable manuscript to our journal. We would like to inform you that the peer review process of your manuscript is complete and requires "**Major Revision**". Although it has several useful points, it needs **Major Revision** to be reviewed again. Below you can find the abstracts of the peer review decision made by our editorial board members.

Reviewers' Comments:

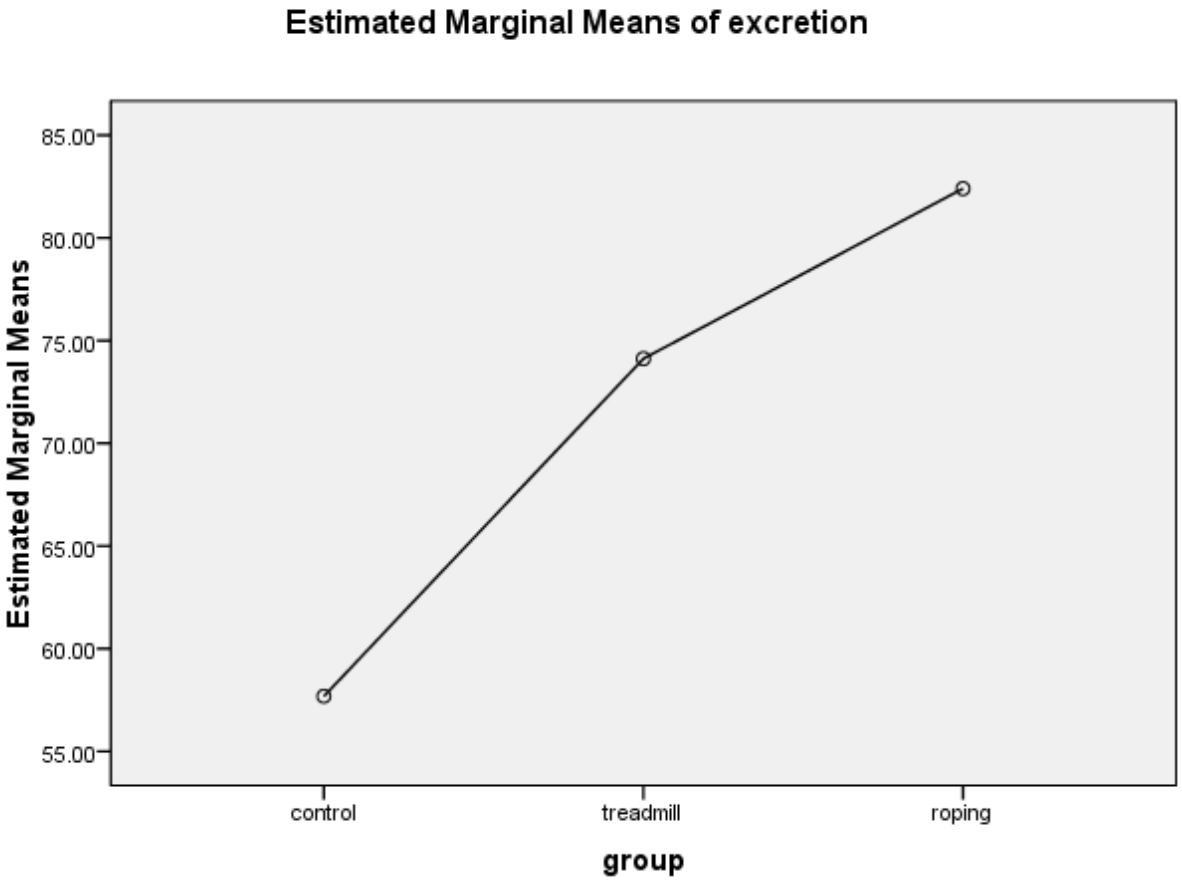
Reviewer 1:
I thank you for all your efforts to publish scientific manuscripts to expand the public knowledge.
Comments:
English languish was not good. please editing the manuscript, totally.

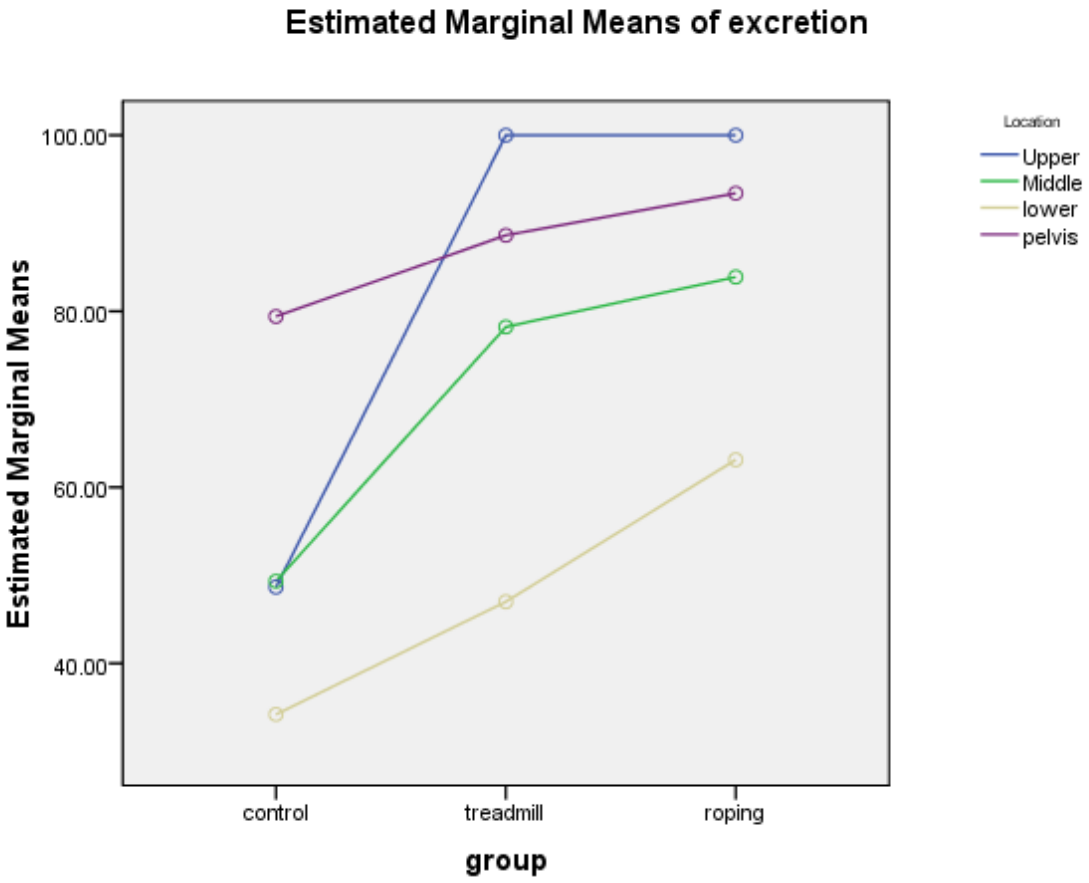
Done
Abstract:
Line 2, “removing” changes to “crushing”.
Introduction:
Introduction is too long. The pathophysiology and cause of development of stone should be removed. in this part , any gap, question, hypothesis should be declared. hypothesis is missing
‘Wait-and-see” change to “watch full waiting”.
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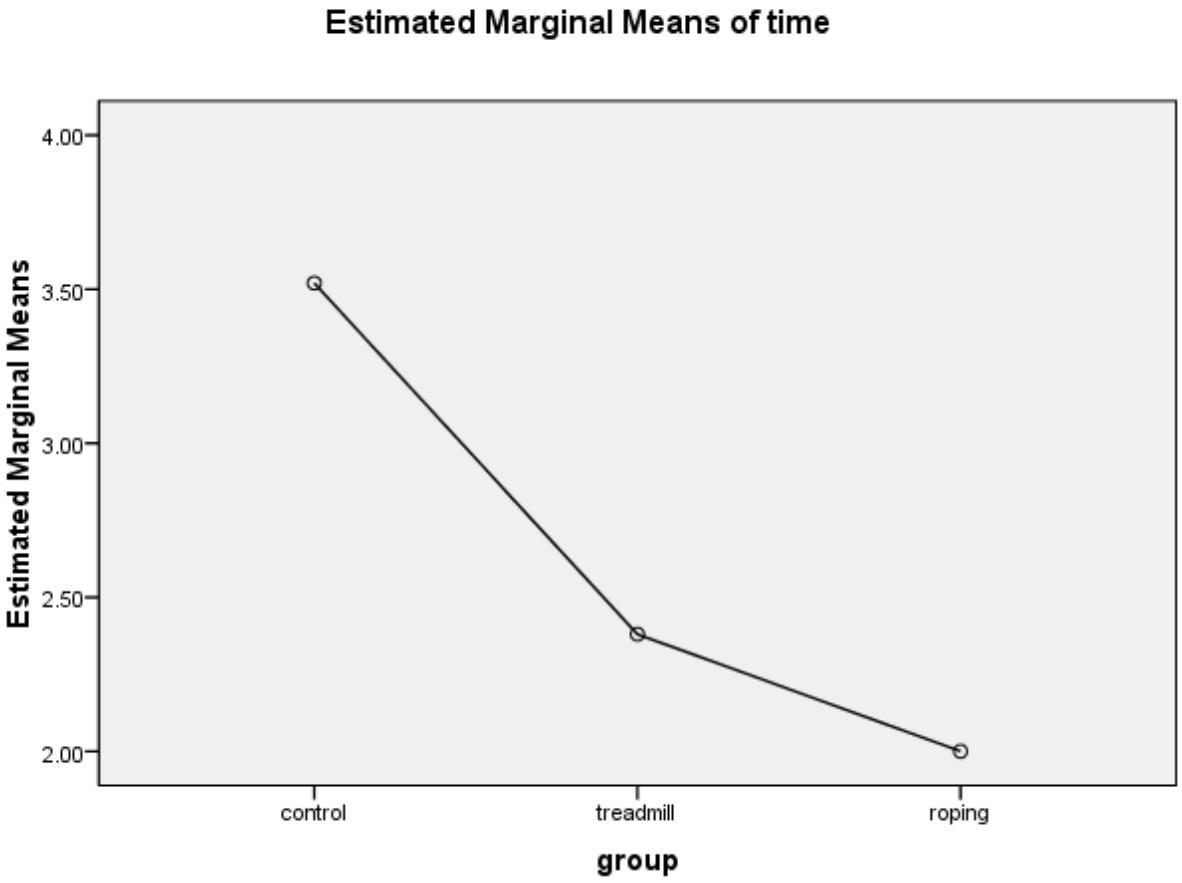
done
Methods:
Control group must be explaining in this section and abstract. Modified and added
"Unwilling to continue study" in exclusion criteria is not correct. This is "loss of follow Modified and added up". Notice that their number?no
Paragraph 2 in inclusion criteria in not correct .put this paragraph in another part of the methods section. Modified and added
How did they recruit these men? Did they use any kind of advertisement / incentive? It is not clear how the authors provided treadmill to the patients. Did the patients purchase them or did the authors provide the treadmill? If the 2nd scenario is valid, who sponsored the cost of that? If there is a company support, this issue must be mentioned.
Did you match the groups? Matching of groups was not seen in the text and tables. If not, it should be mentioned at the end of discussion section.

The study participants were selected in an accessible manner. The study was conducted in a clinic equipped with sports equipment, including a treadmill. In addition, hydrochlorothiazide tablets have been developed by researchers for patients
Results: good
Discussion:
Limitations must be noticed at the end of discussion. Modified and added

There is no need P value in discussion.
The discussion section was incomplete and week, in fact there was no discussion at all. In the discussion part you should write the main(s) finding(s) at first and then allude to other studies. "You remember that no similar article did not see and therefore unable to comparing". At least the article mention the effect of exercise on stone repulsion such as PMID: 27495297, 9031423, 18249055,14672358,15962183,16753386,……
References were not based on the journal rules. Reference 9,10 and 12 were not seen in the text.
Up title of figures must be corrected "ekhtelafebedarsad?" What's mean? This is English language journal. Modified and added


Estimated Marginal Means of excretion
Estimated Marginal Means
85.00
80.00
75.00
70.00
65.00
60.00
55.00
control
treadmill
roping
group


Estimated Marginal Means of excretion
Estimated Marginal Means
100.00
80.00
60.00
40.00
control
treadmill
roping
group
Location
Upper
Middle
lower
pelvis



Reviewer 2:

Abstract

 Objectives: The purpose of this study was to compare the effect of running on treadmill and rope jumping exerciseson the excretion of mass-likeurinary stones followingESWL in patients referred to the Asia clinic of Ilam city in 2019. Please delete “in 2019 “.

 Patients and Methods: Please delete “Patients “.

 Patients and Methods: The method of sample selection as well as data collection are inaccurate

 Result: The value of p must be corrected, for example Change " P <0.002 “with " P = 0.002 ". Modified and added

Introduction

More new literature review and state what exactly has been done by others

 use new reference (2017-2020)

The beneficial effects of exercise in preventing and treating many diseases have been known for decades. Rope jumping and jogging have been shown to be effective in improving cardiovascular

function (16). On the other hand, immobility and insufficient consumption of fluids are triggers of renal stone formation (16). Aerobic exercises such as running and rope jumping have been described as complementary non-pharmaceutical interventions for renal stone disposal. Despite multiple notions about the contributing effects of heavy exercises on renal stone formation, light exercises can prevent or accelerate stone disposal (17). Studies have also shown that exercises affect the amount of urinary stones excreted following lithotripsy (18). Based on the above-mentioned, rope jumping and treadmill running exercises seem to be effective on accelerating the repulsion of kidney stones.

Objectives

The purpose of this study was to compare the effects of treadmill running and rope jumping exercises on the excretion of mass-like urinary stones following ESWL in the patients referred to the Asia clinic of Ilam city in 2019.

Method

Treadmill running exercise needs a valuable reference(s).

Rope jumping exercise needs a valuable reference(s).

Result

The value of p must be corrected, for example Change " P <0.002 “with " P = 0.002 ".

Table 1: The value of Age (years), Weight (kg), Height (cm) , BMI (Kg/cm2) must presented as Mean ± SD. Modified and added

If possible, the figures should be removed and displayed as bar charts and a significant value should be specified on the charts Modified and added

Discussion

In general, the discussion section is very weak and incompletely written

The authors should firstly provide their findings, compare them with the available evidence if any and then provide the possible mechanisms that are resulting to these observations.

Use newer references (2017-2020)

According to our findings, people with higher BMIs were more likely to develop kidney stones. There was a significant difference comparing the rate of kidney stone excretion between the control, treadmill running, and rope jumping exercise groups. Rope jumping was more effective than treadmill running to accelerate the disposal of kidney stones in a relatively shorter period.

The results of this study showed that rope jumping exercise was more effective than treadmill running in accelerating the disposal of mass-like kidney stones. The pelvis was the most common while the lower kidney areas were the least common locations of kidney stone disposal.

Several factors such as overweight, immobility, and insufficient taking of fluids can contribute to the formation of kidney stones. Studies have shown that prolonged rest and inactivity increase the level of urine calcium and lead to the formation of calcium oxalate and calcium phosphate crystals (20). This can be effectively prevented by diet modification and weight loss through physical activity which markedly reduces the secretion of the main constituents of kidney stones in urine. The results of studies show that one of the main reasons for renal stone formation is the accumulation of calcium oxalate in kidneys, so any factor such as exercise that prevents the accumulation of these minerals can also prevent kidney stone formation (21).

Mokhtarnejad et al. (18) assessed the therapeutic effects of ladder climbing resistance exercise in mice with kidney stones. The results of the recent study showed that this exercise, either active, inactive, or along with ethylene glycol consumption, accelerated and facilitated stone excretion and prevented the crystallization of calcium oxalate stones. However, the results of another study by Abreu et al. (25) demonstrated that physical activity and exercise along with drinking isotonic fluids did not change urine or plasma metabolic parameters.

Limitations

Few studies have been conducted on the therapeutic effects of physical activity and exercise in patients with kidney stones, and most of them have either focused on animals or addressed the

preventive effects of exercise or its influence on the patients' metabolic condition. To our knowledge, this is the first report on this subject, and no similar studies have been performed to compare the effects of these two interventions on kidney stone disposal. Therefore, we were unable to compare our findings with the literature, which was one of our limitations. In addition, matching of groups was not conducted.

Conclusion

Depending on the location, rope jumping exercise can help patients in the disposal of kidney stones better and faster after lithotripsy. It is recommended to conduct studies with larger samples and consider the impact of other influencing variables.

Acknowledgments

This study was result of a dissertation approved by Ilam University of Medical Sciences. We thank the Deputy of Research and Technology and the vice president of the University for Financial Support. We also thank the Asia clinic staff, and all the participants for their cooperation.

Footnotes

Authors' Contribution: Study concept and design: MSh, MM and HE. Acquisition of data: HE. Analysis and interpretation: HS and MSh. Drafting of the manuscript: HE and MSh. Critical revision of the manuscript for important intellectual content: HE, MSh.MM and HS. Administrative, technical, and material support: MSh. Study supervision: MSh.

Conflicts of Interest: The authors declare that they have no conflicts of interest t regarding the publication of this paper.

Ethical Approval: This study was approved by the Ethics Committee of the Ilam University of Medical Sciences (IR.MEDILAM.REC.1397.155). All the procedures were performed in accordance with the ethical standards of the institutional and national research committees and the 1964 Helsinki declaration and its later amendments.

Funding/Support: This study was supported by Ilam University of Medical Sciences.

Informed Consent: All participants provided their written informed consent prior to their participation in the study.

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Sorensen MD, Chi T, Shara NM, et al. Activity, energy intake, obesity, and the risk of incident-24 kidney stones in postmenopausal women: a report from the Women's Health Initiative. J Am Soc .Nephrol. 2014;25(2):362-9. doi: 10.1681/ASN.2013050548

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Associate Editor's Comments:

Associate Editor 1:
Your manuscript was reviewed by our reviewers. The reviewers have raised concerns regarding the manuscript, and therefore, your paper is not acceptable for publication in this format. However since the reviewers do find some merit in the paper, I would be willing to reconsider if you wish to undertake major revisions and re-submit, addressing the referees' concerns.

Please note that resubmitting your manuscript does not guarantee acceptance and that your resubmission will be subject to a re-review before a decision is rendered.

EIC Decision:

Thank you for submitting your manuscript to Asian J Sports Med. Your manuscript has now been reviewed by two reviewers and an Associate Editor. I now have the reports of the Referees, which suggest that your manuscript might be suitable for publication following a number of revisions. I attach some reviewer comments and invite you to submit a revised version of your manuscript addressing the points made.

Uploaded Files by Reviewers/Associate Editor/EIC:

Below you can find list of files attached by reviewers or associate editor or EIC during the review process (if any).

No file

How to Revise?

Please sign in to the journal with your account and follow the instruction to resubmit your revised paper. With respect to time limits, we are looking forward to hearing from you soon in the mentioned time frame.

Kind Regards,

On Behalf of,
Dr. VahidZiaee | **Editor-in-Chief** | Asian Journal of Sports Medicine

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Help to Author:

**** How to Submit Revision:** https://sites.kowsarpub.com/asjsm/en/knowledgebase/display/resubmit-manuscript.html

OPEN PEER REVIEW

Revision (1)

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

REFEREE: Reviewer | **Revision** (1) 10 Nov 2020

Dear AE,
I have few important concerns about this manuscript that should be addressed by the authors:
In introduction section:
- You noticed “Sedentary lifestyle and physical inactivity are major health problems in many countries (1). Therefore, exercise should always be considered as an important and inseparable part of daily life activity (2).”
- This is a better change to “Obesity, meat consumption, sedentary lifestyle and physical inactivity are one of the problems of societies, which are the cause of urinary tract cancers, especially prostate cancer and also these factors are effective in hyperuricaemia and stone formation (1,..). Therefore, exercise should always be considered as an important and inseparable part of daily life activity (2).” You should be added this important reference (Effect of Cystoscopy on Prostate-Specific Antigen, New Words about Old Subject. Iran J Cancer Prev. 2010; 3(4): 193-98).
In methods section:
1- What is the randomization method? Please explain the allocation methods of participants in each group.
2- In inclusion criteria “Willingness to participate in the study” was not inclusion criteria. Also, exclusion criteria were not correct (such as the past history of ureteral surgery or stenosis, unable to physical activity, IHD, and so on..). Need to revision, totally.
3- In a demographic table or in text, you must explain the specification and criteria stones in each group (size, place,…) these are important. These factors are necessary for a better understanding of the results.
4- If you did not match, you must stratify each group and then compare the results. Minimizing and control of confounders was performed in three ways: 1- a restriction of the study population, 2- matching the comparison groups, and 3- stratifications of pooled data.
Thanks

REFEREE: Associate Editor | **Revision** (1) 11 Nov 2020

Dear EIC,
I think by considering the reviewer's comments this manuscript has some methodological and typographical concerns and this format should be revised again.
Thanks

REFEREE: EIC | **Revision (1)** 11 Nov 2020

Dear Authors,

The second round of peer review of your manuscript is completed. I now have the reports of the Referees, which suggest that your manuscript needs more correction.

Thanks

OPEN PEER REVIEW

Revision (2)

Reply to Reviewers

Ideally, the reviewing process can significantly improve the submitted manuscripts by allowing the authors to take into account the advice of reviewers. Author(s) must reply to all reviewers' comments in a separate Word file, point by point. A "**Reply to Reviewers**" document is submitted along with revised manuscript during submission of revised files, summarizing the changes that the authors made in response to the reviewers' comments. The responses to reviewers' comments specifies how the authors addressed each comment the reviewers made.

You can read the authors' responses to the reviewers' comments in the next page.

Reviewer 1:

Thank you for your attention. But I have few important concerns about this manuscript

In introduction section:

Answer: Thanks to the esteemed reviewers, the corrections were made.

You noticed "Sedentary lifestyle and physical inactivity are major health problems in many countries (1). Therefore, exercise should always be considered as an important and inseparable part of daily life activity (2)."

This is better change to "Obesity, meat consumption, sedentary lifestyle and physical inactivity are one of the problems of societies, which are the cause of urinary tract cancers, especially prostate cancer and also these factors are effective in hyperuricemia and stone formation (1,..). Therefore, exercise should always be considered as an important and inseparable part of daily life activity (2)." You should be added this important reference (Effect of Cystoscopy on Prostate-Specific Antigen, New Words about Old Subject. Iran J Cancer Prev. 2010; 3(4): 193-98).

Answer: Based on the comment of the honorable reviewer, it was corrected and the desired reference was added. "~~Sedentary lifestyle and physical inactivity are major health problems in many countries~~ *Obesity, meat consumption, sedentary lifestyle and physical inactivity are one of the problems of societies, which are the cause of urinary tract cancers, especially prostate cancer and also these factors are effective in hyper uricemia and stone formation* (1)."

In methods section:

1-What is randomization method? Please explain allocation methods of participants in eachgroups.

Answer: Groups randomization were added. "For this purpose, we used the method of six random blocks. In this way, we prepared six sheets of paper. On two sheets of the letter I1 means Intervention1(treadmill running), on two sheets of the letter I2 means Intervention2(rope jumping), and on another two sheets of the letter C means Control (without intervention). We mixed the sheets together and put them in the desk drawer. When referring to each of the eligible

patients, one of the sheets was randomly taken out and based on it, it was assigned to one of the three groups. This method continued until the samples were completed. “

2- In inclusion criteria “Willingness to participate in the study” was not inclusion criteria. Also,exclusion criteria were not correct (such as past history of ureteral surgery or stenosis, unableto physical activity, IHD and so on..) . Need to revision, totally.

Answer: In inclusion criteria “Willingness to participate in the study” was deleted. In exclusion criteria (such as past history of ureteral surgery or stenosis, unable to physical activity, IHD and so on...) Does not exist in the manuscript. The exclusion criteria are “A worsening clinical condition, reduced consciousness, and loss of follow up were exclusion criteria. However, in this study, all participants were present until the end of the study.”

3-In demographic table or in text, you must be explain the specification and criteria stones ineach groups (size, place,…) these are important. These factors are necessary for a better understanding of the results.

Answer: According to the reviewer comment, tables 2 and 3 on the size of stones and their location were added.

4-If you did not matching, you must be stratify the each groups and then compare the results. Minimize and control of confounders was performed in three ways: 1- restriction the study population, 2- matching the comparison groups and 3- stratifications of pooled data.

Answer: Matching in this study was not done based on demographic variables or other variables. However, a type of matching in clients is based on the location of the stone, which is also shown in Table 2.

OPEN PEER REVIEW

Revision (2)

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

REFEREE: Reviewer | **Revision** (2) 3 Dec 2020

Dear AE,
I thank the authors for all the efforts to publish scientific manuscripts to expand public knowledge.
All mentioned points have been changed by the authors. The manuscript is now acceptable and printable.
Thanks

Abdosaleh Zar: Reviewer | **Revision** (2) 5 Dec 2020

Dear AE,
Corrections made are acceptable.
Thanks

REFEREE: Associate Editor | **Revision** (2) 8 Dec 2020

Dear EIC,
As the authors improved their manuscript based on the reviewer's recommendations, I think it can be accepted.
Thanks

REFEREE: EIC | **Revision** (2) 8 Dec 2020

Dear Authors,
The third round of peer review of your manuscript has been completed, and I am pleased to inform you that your manuscript has now been accepted for publication in our journal.
Thanks