OPEN PEER REVIEW

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Peer Review Report for "Self-Coping Strategies Among Jordanian Athletes During Ramadan Fasting: A Questionnaire Proposal"

Author(s): Rami Hammad, Haidar Djemai, Salem Al Qarra , Ibrahim M Dabayebeh

Review Timeline:

Submit Date: 26 May 2020
Revised Date: 28 Aug 2020
Accepted Date: 14 Sep 2020

Revision (0)

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

Ebrahim Norouzi : Reviewer | **Revision** (0) — 29 May 2020

Dear AE,
I have read the manuscript with the title as 'Self-Coping Strategies Among Jordanian Athletes During Ramadan Fasting: A Questionnaire proposal'. From my side, I will only suggest cosmetic changes. please see my comments in the attached file.
Best regards.

REFEREE: Associate Editor | **Revision** (0) — 14 Jul 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) — 15 Jul 2020

Dear Authors,

Thank you for submitting your manuscript to Asian J Sports Med. Your manuscript has now been reviewed by a reviewer 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.

Author's response to reviews

Title: Self-Coping Strategies Among Jordanian Athletes During Ramadan Fasting: A Questionnaire proposal

Dear Dr. Vahid Ziaee

Thank you very much for the reviewer's comment. We have now revised the manuscript with response to the reviewers' comment. We have provided the point to point response to reviewers' comment.

Response to reviewer's comment

Thank you for your remarks and your suggestions. The corrections to these suggestions were made directly in the text exactly as they were mentioned and highlighted by yellow.

Response to associate Editor's comment as they were detailed and highlighted by red:

1. Comment: The introduction and discussion could benefit form the book of Chtourou, H. (2015). Effects of Ramadan fasting on health and athletic performance. New York, NY: Omics Group International, 6-14.

Response and location of change: Thanks for this useful comment, find it in the "introduction" line 34.
Added Ref #10

Chtourou H, editor. Effects of Ramadan Fasting on Health and Athletic Performance. New York (NY) OMICS International; 2015; 6-14.

2. Comment: Line 36-40: this sentence is very long.

Response and location of change: Modifications are done to make it shorter

3. Comment: Line 42-43: if there are any studies about coping strategies during Ramadan observance you should cite them.

Response and location of change: We cited Maughan (2012) line 45.

Maughan RJ, Zerguini Y, Chalabi H, Dvorak J. Achieving optimum sports performance during Ramadan: some practical recommendations. Journal of Sports Sciences. 2012;30 Suppl 1:S109-17. doi:10.1080/02640414.2012.696205.

4. Comment: The rationale of the present study is actually not very clear.

Response and location of change: Modifications are made in rewriting the aim of the study and rational in the introduction. Line 47-48.

5. Comment: Line 49: please provide the approval number of the Ethical committee approval?

Response and location of change: 2018-2019/no.4980 line 55.

6. Comment: Please provide more details about the inclusion and exclusion criteria of participants.

Response and location of change: Modifications are made in line (52-54)

7. Comment: Line 53: why the electronic questionnaire was applied only during the 4th week of Ramadan? Why this questionnaire was not applied for participants before Ramadan?

Response and location of change: The main aim of the study was to measure the effect of Ramadan fasting. According to the time that the athletes had in the past three weeks; which we think is enough to stabilize their coping strategies, so we only need to examine them in the fourth week of the month. In consideration of your question, it would be interesting in the future to repeat the application of the questionnaire before or after Ramadan for a comparative study. We added this suggestion to the text (Line 254-258).

8. Comment: Line 113: More details about how the duration and training load are changed.

Response and location of change: a new strategy such as changing the training time and decrease the training load (line 119-122).

9. Comment: Line 118-119: explain why during exercises at low to moderate intensities, the fasting effect of Ramadan is relatively absent.

Response and location of change: According to the unchanged Vo2max values which were reported in the reference (Ref #20). We made the modification to make it clear (Line 125-127)

10. Comment: “28% of athletes reported an increase in their sleep time.” This increase of sleep includes daytime sleep or not?

Response and location of change: yes, it is an increase in their daily time of sleeping (we asked them if it increased more than the usual in the 24 hours), We made the needed explanation to make it precise in the text (Line 140-143) and in the table 2

11. Comment: “It is interesting to note that 18% of the athletes have seen the average number of hours of sleep decrease during the month of Ramadan.” Which strategies could be added to face this sleep loss? If there studies about that, add them, if not add speculation.

Response and location of change: According to your suggestion we emphasized the point of (Margolis and Reed, 2004) and (Wilson et al., 2009) in the same paragraph

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Revision (1)

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

Ebrahim Norouzi : Reviewer | **Revision** (1) — 1 Sep 2020

Dear AE,
many thanks for the revision. The authors addressed many of my concerns, therefore, I would like to accept this version of the manuscript for publication.
Best regards.

REFEREE: Associate Editor | **Revision** (1) — 13 Sep 2020

Dear EIC
Based on the authors' answers to the reviewers' comments, the reviewer(s) have recommended publication.
Kind regards.

REFEREE: EIC | **Revision** (1) — 14 Sep 2020

Dear Authors,
The second 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