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

You can find out more at:
https://brieflands.com/briefland/knowledgebase/category/tree.html#opr.html

Asian Journal of Sports Medicine
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Peer Review Report for "Effect of the COVID-19 Detraining on Athletes' Psychological Health"

Author(s): Nima Nakisa, Mahboobeh Ghasemzadeh Rahbardar

Review Timeline:

Submit Date:	14 Jun 2020
Revised Date:	6 Oct 2020
Accepted Date:	30 Oct 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) — 20 Sep 2020

Dear AE,
The manuscript entitled "Effect of the COVID-19 detraining on athletes' psychological health" presents a topic that may interest readers of the "Asian Journal of Sports Medicine". however, English was poor and it needs to proofread with a native English speaker. I would like to make major comments about the present manuscript below:
1. the first paragraph of the manuscript is repeated exactly in the abstract!!!
2. for me It's somehow confusing that you mentioned self-esteem. it is well confirmed that self-esteem or self-respect is not a structure that is affected in this way (with sports or participating in training).
3. regards Burnout, the Burnout occurs when athletes exercise for long periods of time, not during rest periods, in other words, in quarantine!
in the end, you can see more comments in the attached file.
Kind regards

REFEREE: Reviewer | **Revision** (0) — 28 Sep 2020

Dear AE,
Totally the present article is well-established and the subject is interesting, but some major

revisions should be considered.
- The more suitable title should be selected for the article.
- The abstract should state briefly the purpose of the research, the principal results, and major conclusions. An abstract is often presented separately from the article, so it must be able to stand alone.
- The necessity and innovation of the article should be presented in the introduction.
- It is suggested to add articles entitled “Okunlola et al. Perceived Myths and Misconceptions about the Novel COVID-19 Outbreak”, “Hanscom et al. Polyvagal and Global Cytokine Theory of Safety and Threat Covid-19 – Plan B” and “Arab Rahmatipour et al. Letter to the Editor: Prevention of Depression and Psychological Stress by Studying Book in Quarantine Conditions of COVID-19” to the literature review.
- The major defect of this study is the debate or Argument is not clearly stated in the introduction session. Hence, the contribution is weak in this manuscript. I would suggest the author enhance your theoretical discussion and arrives at your debate or argument.
- Following, you will find some new related references which should be added to the literature review:
Ilesanmi and Afolabi. Time to Move from Vertical to Horizontal Approach in our COVID-19 Response in Nigeria;
Zalite & Zvirbule. Digital Readiness and Competitiveness of the EU Higher Education Institutions: The COVID-19 Pandemic Impact;
de Lima et al. Letter to the Editor: COVID-19: Isolations, Quarantines and Domestic Violence in Rural Areas.
- It is suggested to compare the results of the present letter with some similar studies which is done before.
- Page 2: the following paragraph is unclear, so please reorganize that:
“Moreover, detraining might cause several psychophysiological disorders including lack of appetite, insomnia, headache, the feeling of exhaustion, and psychological depression (8). In addition, Carolyn Broderick, Tennis Australia's chief medical officer, reported that the long-term effects of swine flu and SARS outbreaks on athletes included obsessive hand-washing, fear of getting too close to people, and anxiety.”
- DOI of the references must be added (you can use “https://crossref.org/").
Thanks

REFEREE: Associate Editor | **Revision** (0) 1 Oct 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) 1 Oct 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.

We would like to thank the reviewers for their detailed comments and suggestions for the manuscript. We believe that the comments have identified important areas which required improvement. After completion of the suggested edits, the revised manuscript has benefitted from an improvement in the overall presentation and clarity. Below, you will find a point by point description of how each comment was addressed in the manuscript. Original reviewer comments in black, responses in red.

Reviewers' Comments:
Reviewer1:
Dear Author,

The manuscript entitled "Effect of the COVID-19 detraining on athletes' psychological health" presents a topic that may interest readers of the "Asian Journal of Sports Medicine". however, English was poor and it needs to proofread with a native English speaker.
It was done and the mistakes were corrected.

I would like to make major comments about the present manuscript below:

1. the first paragraph of the manuscript is repeated exactly in the abstract!!!
It is corrected.
Coronavirus (COVID-19) became a widespread health crisis with a high amount of mortality and morbidity, since December 2019 (1). Due to COVID-19 pandemic, most of the major sports leagues and competitions have been postponed and training gatherings have been canceled. The quarantine is hard for everyone but athletes might be more susceptible to come across further mental health risks because isolation and dullness got the place of their usual dynamic lifestyles.

2. for me It's somehow confusing that you mentioned self-esteem. it is well confirmed that self-esteem or self-respect is not a structure that is affected in this way (with sports or participating in training).
It is removed.

3. regards Burnout, the Burnout occurs when athletes exercise for long periods of time, not during rest periods, in other words, in quarantine!
Yes, you are right. But we said it will happen after they go back to training because they have to compensate the canceled and suspended competitions. But, we rewrote the sentences to indicate what I mean better.

As a consequence, burnout may appear as a real problem when athletes start rutin training programs with a dense schedule over the next couple of months or even years to compensate the cancelled or suspended competitions.

in the end, you can see more comments in the attached file.
They are all corrected and highlighted in the text and one of them answered below.

What is the Reference for this claim!
It is rewritten to fit the paper.

It was an article by Simon Rea

Coronavirus: How can athletes get through this period of isolation?

Kind regards
Thank you, same to you.

Reviewer 2:
Totally the present article is well-established and the subject is interesting, but some major revision should be considered.
Thank you.

- More suitable title should be selected for the article.
We will be happy if you let us have this title.

- The abstract should state briefly the purpose of the research, the principal results and major conclusions. An abstract is often presented separately from the article, so it must be able to stand alone.
I have highlighted the different parts.

Since December 2019, coronavirus (COVID-19) came to be a universal health crisis with a high rate of morbidity and mortality. As a result of the COVID-19 pandemic, all the major tournaments and sports leagues have been suspended and training sessions have been canceled. The lockdown stimulated by coronavirus is hard for everybody but athletes are encountering further mental health risks as their greatly dynamic lifestyles have replaced by isolation and boredom. Alterations in the training structures such as volume, intensity, and frequency may probably lead to fitness detraining. The detraining triggered by canceling and suspending competitions might provoke considerable sadness, frustration, stress, anxiety, and grief for athletes. Moreover, detraining might cause several psychophysiological disorders including lack of appetite, insomnia, headache, the feeling of exhaustion, and psychological depression. Thus, sports psychologists and athletes need to be informed about the adverse effects of detraining in this period to choose appropriate tactics to lessen or prevent the unfavorable consequences.

- The necessity and innovation of the article should be presented to the introduction.
It is added.
Hence, in the current study, our team tried to shed light on the probable results of the Coronavirus detraining on athletes' psychological health and encourage coaches and owners of the teams to pursue appropriate methods to reduce the unfavorable effects of detraining on the

athletes.

- It is suggested to add articles entitled “Okunlola et al. Perceived Myths and Misconceptions about the Novel COVID-19 Outbreak”, “Hanscom et al. Polyvagal and Global Cytokine Theory of Safety and Threat Covid-19 – Plan B” and “Arab Rahmatipour et al. Letter to the Editor: Prevention of Depression and Psychological Stress by Studying Book in Quarantine Conditions of COVID-19” to the literature review.

- The major defect of this study is the debate or Argument is not clear stated in the introduction session. Hence, the contribution is weak in this manuscript. I would suggest the author to enhance your theoretical discussion and arrives your debate or argument.

- Following, you will find some new related references which should be added to literature review:

Ilesanmi and Afolabi. Time to Move from Vertical to Horizontal Approach in our COVID-19 Response in Nigeria;

Zalite & Zvirbule. Digital Readiness and Competitiveness of the EU Higher Education Institutions: The COVID-19 Pandemic Impact;

de Lima et al. Letter to the Editor: COVID-19: Isolations, Quarantines and Domestic Violence in Rural Areas.

Since it is a letter to editor, we have some limitations in the number of words and also references. We can have only 10 references. But as you ordered I added 3 more references from the ones you suggested.

- It is suggested to compare the results of the present letter with some similar studies which is done before.

I tried to do as much as limitations allowed us.

- Page 2: the following paragraph is unclear, so please reorganize that:

“Moreover, detraining might cause several psychophysiological disorders including lack of appetite, insomnia, headache, the feeling of exhaustion, and psychological depression (8). In addition, Carolyn Broderick, Tennis Australia's chief medical officer, reported that long-term effects of swine flu and SARS outbreaks on athletes included obsessive hand-washing, fear of getting too close to people, and anxiety.”

It is corrected.

Moreover, detraining might cause several psychophysiological disorders including lack of appetite, insomnia, headache, exhaustion, and psychological depression (7). In addition, it was reported that long-term effects of swine flu and Severe acute respiratory syndrome (SARS) outbreaks on athletes included obsessive hand-washing, fear of getting too close to people, and anxiety.

- DOI of the references must be added (you can use “https://crossref.org/").

We could find the DOI of 8 of the references and added them to the reference list.

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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.

REFEREE: Reviewer | **Revision** (1) 18 Oct 2020

Dear AE,
Excellent! Since the authors have made significant revisions according to the comments raised by all reviewers, I am supportive of this study for publication in Asian J Sports Med.
Thanks

REFEREE: Associate Editor | **Revision** (1) 30 Oct 2020

Dear EIC,
The revisions have been deemed satisfactory.
However, the final outcome of the decision to publish or not will be conveyed to you by the editorial board.
Thanks

REFEREE: EIC | **Revision** (1) 30 Oct 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