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OPEN PEER REVIEW

Sports Nutritional Knowledge, Attitude, and Practice of Adolescent Athletes in Tehran, Iran

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1 Original submission

1 comment · 3 Oct 2022

Referee 1 Reviewer

MAJOR REVISION 3 Oct 2022

I read the manuscript entitled "Sports Nutrition Knowledge, Attitude, and Practice of Adolescent Athletes in Tehran, Iran". Although the research is really interesting and we need such valuable studies in our country, I have some comments on the manuscript, as follows:

General:

The title does not match the method. The research was carried out in several schools among students who were physically active recently or previously, so the participants are not "athletes". Therefore, I think that the authors should replace this word with another appropriate one. In addition, it is necessary to define participants' physical activity levels. For instance, if a pupil used to participate in soccer games one or two times per week three months before the study, could they enter the survey as an athlete?

Abstract:

Please include relevant data in the conclusion section based on the research findings.

Method:

Please describe the sampling method in more detail.

Results:

One of the findings is the difference between females and males in using their "knowledge of sports nutrition" and "food choices". It would be exciting if the authors could do a subanalysis to evaluate the relationship between BMI and women's incorrect food choices. Most of these incorrect selections are due to an attempt to control weight instead of having a healthy diet alongside participating in sports. If you cannot evaluate this, you should discuss it as a probable cause of this difference in the discussion section.

Discussion:

Please add some appropriate references; most of the discussion is written based on the authors' viewpoints, similar to a narrative review.

Conclusion:

Please check the comment about the abstract's conclusion. In addition, it is not recommended to include results in the conclusion that were not discussed previously. In other words, if the authors want to draw conclusions from all the results in this section, they should discuss them beforehand (in the discussion).

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Revision 1

AUTHORS' RESPONSE TO REVIEWERS

Authors' reply to reviewers

The next pages contain the authors' point-by-point reply to the comments of this revision round, as submitted with the revised manuscript. It is published as the authors wrote it.

Reviewer 1:

Manuscript entitled Sports Nutrition Knowledge, Attitude, and Practice of Adolescent Athletes in Tehran, Iran
Clarity of content and adequacy to scientific language was demonstrated throughout the manuscript. In addition, the manuscript is interesting, however it is necessary to make some considerations.

#Abstract
I suggest that the authors improve the rationale of the study

Objectives: I suggest the authors remove:
Adolescent athletes' nutrition should meet their growth and professional sport's needs. Therefore, adolescent athletes should have the appropriate sports knowledge, attitude, and nutrition.

Author response: I agree with your suggestion, it seems better after omitting, I removed it.

Materials and Methods
I suggest that authors add information about the content of the questionnaire

Response: I added some shortened information in this part, more details about survey is mentioned in the main text.

Conclusion
According to the results, the adolescent athletes aged 15-18 in Tehran had average sports nutrition knowledge, attitude, and practice.

What did the authors use to establish the standard for mean?

Response: The questionnaire contains 39 main questions and a more significant number of sub-sets of questions. In the sections on attitude and nutrition knowledge that had correct and incorrect answers, we considered one positive point for each correct answer and 0 for each incorrect answer. The maximum number of points a person could get with a correct answer is 98, and the lowest is zero. Any student who answered at least half of the questions correctly was evaluated at the average level. Furthermore, according to the average scores range achieved by participants (40-60 out of 98), we introduced the level of knowledge as average (figure 1 in the article).

MANUSCRIPT
INTRODUCTION
I suggest that authors rewrite the introduction improving the rationale of the manuscript.

Response: It is rewritten some parts the Intro to improve the rationale of the manuscript.

DISCUSSION

I suggest that the authors start with the main findings of the study;

Response: It is done.

I suggest that the authors add more information with clinical applicability;

Response: It is added as suggestions in the conclusion; if it is not enough, please let us know and rewrite it.

Why are the findings of the present study important?

Response: To have the best function in international sports events, such as the Olympics or World cups, we must pay attention to youth athletes and invest in them because they will form adult athletes in the future. Sports experts believe that the best time to discover talents to make them professional athletes is at least ten years before entering sports competitions. So, if athletes want to compete in a Championship in the twenties of their life, they must start at 15.

On the other hand, Sports nutrition primarily affects executive function. However, before every action, we need to know about the level of sports nutrition knowledge between athletes and then make a further decision. The study in this area (Youth athletes) is rare in our country compared to adults.

why assess athlete students' sports nutrition knowledge, attitude, and practice in Tehran, Iran?

Response: Clearly, it would be ideal if we did our study among all Iranian Youth athletes all over our country. Nevertheless, we did not have that much accessibility and equipment to study around Iran. We considered that Tehran is the most populous city, the Capital, and home to different ethnicities from all over Iran, so it is a good representative for investigation in the present research. On the other hand, the corresponding author has been living in Tehran and has better access to the samples. Because of these reasons, we decided to choose Tehran as a sample.

Reviewer 2:

I read the manuscript entitled "Sports Nutrition Knowledge, Attitude, and Practice of Adolescent Athletes in Tehran, Iran". Although the research is really interesting and we need such valuable studies in our country, I have some comments on the manuscript that are mentioned in the following:

General:

The title is not matched with the method. The research has been carried out in several schools among students who were physically active recently or previously, so the participants are not "athletes". Therefore, I think that the authors should substitute this word with another appropriate one. In addition, it is necessary to define participants' physical activity levels. For instance, if a pupil used to participate in soccer games one or two times per week three months before the study, could they enter the survey as an athlete?

Response: Due to the definition mentioned below, all the participants in this study are included in one of these explanations. With the help of school sports teachers, we selected student-athletes, and Students without any history of physical activity were not included in the research. But if you think it is better to change the athlete's world, we will change it with "student."
According to the general definition description in some references,
an "athlete" is a person who participates in physical activity or team or individual sports competitions continuously and regularly. (McKinney, J., Velghe, J., Fee, J., Isserow, S., & Drezner, J. A. (2019). Defining athletes and exercisers: Elsevier.)
Elite athlete: a person who currently or has recently participated in competitions as a player at the college first team level (individual or team), a professional player, or a national or international player (Segen, J. C. (2012). Segen's Medical Dictionary. Huntingdon Valley, Farlex).
Novice athlete: a person who performs a sport to enjoy it and not to earn money and become proficient in it and usually does not participate in professional competitions (Segen, J. C. (2012). Segen's Medical Dictionary. Huntingdon Valley, Farlex).

Abstract:
Please include relevant data in the conclusion section based on the research findings.
Response: It has been done.

Method:
Please describe the sampling method in more detail.
Response: It is tried to describe more, to the extent that the audience is not bored.

Results:
One of the findings is the difference between females and males in using their "knowledge of sports nutrition" and "food choices". It would be exciting if the authors could do a sub analysis to evaluate the relationship between BMI and women's incorrect food choices. Most of these

incorrect selections are due to an attempt to control weight instead of having a healthy diet besides the sport. If you cannot evaluate this, you should discuss it as a probable cause of this difference in the discussion section.
Response: Actually, in BMI, we did not separate males and females because a negative correlation was observed between BMI and the total score of participants, which means that both men and women with higher BMI achieved a lower score in the survey. Furthermore, there is no difference due to gender in that case. Another thing is that we could not say women were searching for diets to lose weight because they were overweight. Some girls were in good body shape but still worried about fitness and being on a diet.

Discussion:
Please add some appropriate references; most of the discussion is written based on the authors' viewpoints, similar to a narrative review.
Response: Actually, it was mentioned about validity and reliability on questionnaire description in method, to avoid repetition it did not put there. But if it is necessary, it will be added.

Conclusion:
Please check the comment about the abstract's conclusion. In addition, it is not recommended to include results in conclusion, which did not discuss before. In other words, if the authors want to conclude all the results in this section, they should discuss them in advance (in discussion).

Response: We checked that, but could you please clarify with an example about this? Because I did not get which part is new in conclusion that it had not mentioned previously.

2 Revision 1

1 comment · 18 Nov 2022

Referee 2 Reviewer

ACCEPT 18 Nov 2022

DEAR EDITOR,

The authors improved the manuscript.

With kind regards.