Asian Journal of Sports Medicine
Volume 15 · Issue 2 · e147095

OPEN PEER REVIEW

The Relationship Between Screen Time, Social Network Usage, and Physical Activity with Depression in Students at Qazvin University

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SUBMITTED	REVISED	ACCEPTED	DOI
3 Apr 2024	18 May 2024	24 Jun 2024	10.5812/asjsm-147095

About this report

This open peer review (OPR) report shows the public comments made on this article during peer review, by the reviewers, the associate editor and the editor-in-chief, for every revision round, together with the authors' replies. Comments appear only with the consent of the people who wrote them. Reviewers who chose to sign their report are named; the others are shown as "Referee". Comments are edited for language only, and confidential remarks to the editors are not included.

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Contents

1 Original submission Renata Maria Silva Santos 2
2 Revision 1 3
Authors' reply to reviewers 4
Reviewer and editor comments 5

1 Original submission

1 comment · 29 Apr 2024

Renata Maria Silva Santos Reviewer

MAJOR REVISION 29 Apr 2024

I appreciated the opportunity to read the work and contribute comments to improve it. I make some suggestions in each section of the manuscript, addressing some larger concerns and details for greater clarity for the reader.

1- In the title, it is important to indicate the population of the study, that is, university students. It would also be interesting to add the population to the keywords.

2- The introduction lacks a description of the characteristics of the population studied, that is, university students. I encourage the authors to include previous findings pertaining to the same population considered in the current study to provide more specific insight for the reader.
3- I encourage the author to adapt the description of the study objectives, since the population in which the variables will be investigated is a crucial factor for interpreting the results.
4- In the Method section, the author should note that 30 people from 3 universities would not total the 120 mentioned. It would be important to review and describe this passage more clearly.
5- Regarding the results, I encourage the author to discuss the effect size of the results found.

6- In the discussion section, the passage “Spending a lot of time in front of a screen can also significantly affect people's mental health. As screen time increases, adults are starting to spend more time focused on screens.” needs to be revised to make sense.

I suggest rephrasing the passage “Adults who use screens for six hours or more are more likely to suffer from moderate to severe depression (35). So, what can be inferred and extracted from these findings is that more screen time is associated with the amount of sleep, as well as lower sleep quality, and this problem may be involved in lowering users' mood and thus causing depression.” As it stands, it doesn't seem like an explanation.
I also encourage the author to review the passage “Screen time often plays a vital role in changing quality and lifestyle. People who spend more time on screens are less active (36), sleep less (37) and, as a result, have fewer face-to-face social interactions.” This is because not sleeping does not seem to have a direct link to less face-to-face interaction.

I suggest the author mention the symptoms of depression in the passage “One of the critical symptoms of depression is social isolation (1). The fact is that people who engage heavily in social media are more prone to other symptoms of depression due to social isolation.”

7- I encourage the author to include a section on study limitations and directions for future research, since there are factors, such as sleep, that can interfere with the variables studied.

2

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.

Hi, dear judges
Answer to the reviewer 1
1. Study population was added as study population was added to keywords.
2. A brief description of the studied student population and statistics on the prevalence of depression among them was added to the beginning of the introduction.
3. At the beginning of the last paragraph of the introduction, the implementation of the study objectives in the studied community was included.
4. It was explained that the university where the questionnaires were administered was only the Islamic Azad University of Qazvin branch, and the community only included one university.
5. The effect size was added to the end of the column in Table 4. Moreover, a brief explanation came at the end of Table 4.
6. The sentence (As screen time increases, adults are starting to spend more time focused on screens), which had no meaning, was removed from the text of the article.
* Sentence (So, what can be inferred and extracted from these findings is that more screen time is associated with the amount of sleep as well as lower quality of sleep, and this issue can be involved in lowering the mood of users and thus causing depression) was removed from the text of the article because the respected reviewer opinion is that such an argument is not logical.
* The sentence (and, as a result, have fewer face-to-face social interactions) was removed because it could not be a correct conclusion in the opinion of the respected reviewer.
7. the limitations and future perspectives were mentioned at the end of the introduction.
Answer to the reviewer 2
1. The clusters used for sample selection were noted.
2. Information about the validity of the questionnaires was provided for the display time scale and the amount of use of social networks.
3. The ethical principles used in the research were determined.
* In the results section, the regression statistical assumptions were fully presented.
* In the more in-depth discussion section, limitations and suggestions were mentioned.
* All corrections were made and highlighted in the order mentioned by respected judges.

2 Revision 1

0 comments

No public comments in this round.