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://sites.kowsarpub.com/kowsar/knowledgebase/category/tree.html#opr.html

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Peer Review Report for "Aerobic Training, in Combination with Listening Music, Changes Post-Exercise Cardiac Autonomic Function in Collegiate Overweight and Obese Individuals"

Author(s): Neeraj Kumar Tayagi, Anuradha Solanky, Shahin Naz Jamali, Muhammad Azharuddin, Kamran Ali, Irshad Ahmad

Review Timeline:

Submit Date: 11 Aug 2019
Revised Date: 15 Oct 2019
Accepted Date: 8 Dec 2019

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)

8 Sep 2019

Dear AE,
The authors evaluated the effect of aerobic exercise along with music vs. only aerobic exercise, on the autonomic function of the heart during recovery in young obese individuals. They concluded that regular aerobic exercise with relaxing music appears to confer a beneficial effect on the autonomic modulation during the post-exercise recovery period. The main research findings of this paper will be important for the full understanding of the effect of music on the autonomic function. Although I do not wholly agree with the authors' model, the idea should be published when substantiated by better arguments.

1. Please do not use abbreviations in the abstract.
2. In the study of the abstract and body, please make clear in the values whether (1) P-value between pre and post or (2) P-value between the two groups.
3. Please pay attention to the significant digit. All results have been rounded to no more than three significant figures.
4. I am wondering what type of music should be appropriate for this purpose. Please unfold your idea. If possible, please disclose the type of music.

5. Please provide a rational reason why you like to focus on the effect of the music on the obese young population in the discussion.
Thanks.

REFEREE: Reviewer | **Revision** (0) 12 Sep 2019

Dear AE,
Nice work, congratulations. I do not have any suggestions about the article.
Thanks.

REFEREE: Reviewer | **Revision** (0) 21 Sep 2019

Dear AE,
Appreciating hard work on the study, the following comments should be considered.
Title
- In the title according to the method and inclusion criteria mentioned, overweight and obsess individuals should be added. Since inclusion criteria were BMI over 27 which includes overweight individuals.
Introduction
- The prevalence of obesity “The prevalence of obesity was
around 396 million worldwide in 2005” should be updated.
- References including second and third references should be updated.
Materials and methods
- The ratio of choosing sample size and how it was calculated, should be described.
- Definition of obesity is wrong (BMI >27 kg/m2).
- Obesity is defined as BMI > 30 kg/m2 .
- Definition of physical inactivity” physically inactive (<30 minutes of exercise per week for over 6 months)” is wrong. It should be rewritten with references.
- In the intervention group, the reason decided to exercise for “30 minutes/session, 6 times per week” should be described.
- The reason decided to exercise” for 4 weeks” and intensity “between 50% and 70% of their predicted maximum heart rate for the full 30-minutes session” should be described.
Discussion
- It was mentioned” The obese individuals through this intervention gained benefits in cardiovascular modulation when recovering from moderate-intensity stress”, moderate-intensity exercise according to HR based on valid references should be defined. Update your reference (35). Overweight individuals should be added to the article.
References
- References should be updated.
Thanks.

REFEREE: Reviewer | **Revision** (0) 7 Oct 2019

Dear AE,
I read the manuscript with interest. Understanding the abstract part was difficult because of the abbreviations. Explain them in the abstract part. Add some practical points to explain the novelty of your study. Explain the aim of including obese participants some more.
I don't see the reason behind 6 times training in a week in such participants. You could have started from 3 or 4 sessions to prevent musculoskeletal pain in them. Define the reason in methods.
Thanks.

Navid Moghadam: Associate Editor | **Revision** (0) 8 Oct 2019

Dear EIC,
The manuscript has been reviewed by members of our editorial review board and, according to their recommendation, it requires revision before publication.
Thanks.

REFEREE: EIC | **Revision** (0) 10 Oct 2019

Dear Author,
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 is not suitable for publication following a number of revisions. I attach some of our reviewer/ Section Editor comments and hope that you will consider our Journal again for the publication of any of your future studies.
Thanks.

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.

Reviewers' Comments:

Reviewer 1:

The authors evaluated the effect of aerobic exercise along with music vs. only aerobic exercise, on the autonomic function of the heart during recovery in young obese individuals. They concluded that regular aerobic exercise with relaxing music appears to confer a beneficial effect on the autonomic modulation during the post-exercise recovery period. The main research findings of this paper will be important for the full understanding of effect of music on the autonomic function. Although I do not wholly agree with the authors' model, the idea should be published when substantiated by better arguments.

1. Please do not use abbreviations in the abstract.

Response: There is a limit of words in the abstract; therefore, abbreviations are necessary. So, the revised manuscript has full form used earlier for the abbreviated word.

2. In the study of the abstract and body, please make clear in the values whether (1) P-value between pre and post or (2) P-value between the two groups.

Response: The result section has been modified and clearly mentioned in the abstract and body.

3. Please pay attention to the significant digit. All results have been rounded to no more than three significant figures.

Response: The revision of the manuscript has been done thoroughly and modified where it is required.

4. I am wondering what type of music should be appropriate for this purpose. Please unfold your idea. If possible, please disclose the type of music.

Response: Instrumental Indian classical music was provided to each individual and the same has been added to the revised manuscript.

5. Please provide a rational reason why you like to focus on the effect of the music in the obese young population in the discussion.

Response: *Response: Overweight and obese individuals have a high prevalence of mental illness or stress. Therefore music therapy might help those individuals with aerobic exercise. The same explanation has been addressed in the discussion section of the revised manuscript.*

Reviewer 2:
Dear author/s:

I read the manuscript with interest. Understanding the abstract part was difficult because of the abbreviations. Explain them in abstract part.
Response: The expansion of the abbreviated word has been clearly mentioned in the revised manuscript.

Add some practical points to explain about the novelty of your study.
Response: The practical points has been added in the discussion (HR and RPE section) of revised manuscript.

Explain about the aim of including obese participants some more.
Response: Overweight and obese individuals have high prevalence of mental illness. Therefore music therapy help those individuals along with aerobic exercise. The same explanation has been addressed in the revised manuscript.

I don't see the reason behind 6 times training in a week in such participants.
Response: FIIT recommendation for individuals with overweight and obesity for aerobic exercise were given by ACSM's guidelines for exercise testing and prescription (tenth edition). Frequency: ≥5 day/week; intensity: moderate (40%-59% HRR) progress to vigorous (≥60% HRR) for greater benefits; time: 30 min/day to 60 min/day or more; type: prolong, rhythmic activities using large muscle groups. Accordingly the exercise protocol was designed for the individuals. The reference has been updated in the revised manuscript.

You could have started from 3 or 4 sessions to prevent musculoskeletal pain in them. Define the reason in methods.
Response: 2-3 sessions were given before the actual treadmill running testing protocol of baseline measures. The same has been modified in the revised manuscript.

Reviewer 3:
Dear editor
Appreciating hard work on the study, the following comments should be considered.
Title
In title according to method and inclusion criteria mentioned, overweight and obsess individuals should be added. Since inclusion criteria were BMI over 27 which includes overweight individuals.
Response: The title of the study has been modified to clearly specify the population.

Introduction
The prevalence of obesity "The prevalence of obesity was around 396 million worldwide in 2005" should be updated.
Response: The updated prevalence data has been added in the revised manuscript.

References including second and third reference should be updated.
Response: The references has been updated in the revised manuscript.

Materials and methods
The rationale of choosing sample size and how it was calculated, should be described.
Response: the sample size calculation has been added, as per your recommendation.

Definition of obesity is wrong (BMI >27 kg/m2). Obesity is defined as BMI > 30 kg/m2.
Response: the revised manuscript has been corrected as overweight and obese individuals both, as per your suggestion.

Definition of physically inactivity" physically inactive (<30 minutes of exercise per week for over 6 months)" is wrong. It should be rewritten with references.
Response: The corrections has been made with the reference added

In the intervention group, the reason decided to exercise for " 30 minutes/session, 6 times per week" should be described.
The reason decided to exercise for" for 4 weeks" and intensity "between 50% and 70% of their predicted maximum heart rate for the full 30-minutes session" should be described.
Response: FIIT recommendation for individuals with overweight and obesity for aerobic exercise were given by ACSM's guidelines for exercise testing and prescription (tenth edition). Frequency: ≥5 day/week; intensity: moderate (40%-59% HRR) progress to vigorous (≥60% HRR) for greater benefits; time: 30 min/day to 60 min/day or more; type: prolong, rhythmic activities using large muscle groups. The same modification has been done in the revised manuscript.

Discussion

It was mentioned" The obese individuals through this intervention gained benefits in cardiovascular modulation when recovering from moderate intensity stress", moderate intensity exercise according to HR based on valid references should be defined.

Response: The overweight and obese individual improve LF/HF score higher in the aerobic plus music group, thus they benefits in the autonomic modulation after intervention. The same has been modified in the revised manuscript (conclusion section).

Update your reference (35).

Response: Reference has been updated as per your suggestions. Reference number 39.

Over weight individuals should be added to the article.

Response: Modification has been made where it is required.

References

References should be updated.

Response: All the reference has been updated accordingly in the revised manuscript.

Reviewer 4:

Nice work, congratulations. I do not have any suggestions about the article.

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) 30 Oct 2019

Dear AE,
I do not recommend any corrections or changes.
Thanks.

REFEREE: Reviewer | **Revision** (1) 13 Nov 2019

Dear AE,
I appreciate the authors for considering the comments to improve their manuscript.
Thanks.

REFEREE: Reviewer | **Revision** (1) 1 Dec 2019

Dear AE,
Comments are accurately done, it is now accepted
Sincerely Yours

Navid Moghadam: Associate Editor | **Revision** (1) 7 Dec 2019

Dear EIC,
I am pleased to inform you that the manuscript is reviewed by our reviewers and they have found it publishable.
Thanks.

REFEREE: EIC | **Revision** (1) 8 Dec 2019

Dear Author,
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.