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

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Peer Review Report for "Effect of 12 Weeks of Resistance Training on Serum, Vaspin and Chemerin in Obese Middle-Aged Women"

Author(s): Sahar Avazpour , Jamal Fazell Kalkhoran, Fatemeh Mohseni

Review Timeline:

Submit Date: 21 Aug 2019
Revised Date: 23 Dec 2019
Accepted Date: 8 Feb 2020

Revision (0)

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

REFEREE: Associate Editor | **Revision** (0) — 21 Oct 2019

Dear EIC,
As suggested by the reviewer, the manuscript needs a major revision.
Thanks.

REFEREE: EIC | **Revision** (0) — 26 Oct 2019

Dear Authors,
Thank you for submitting your manuscript to Asian J Sports Med. 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.
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.

Reply to reviewer

Thank you for your valuable comments. The following have been corrected:

1. Keywords were corrected based on mesh..
2. The recommended articles were used in the article introduction.
3. The reference to the prevalence of obesity was corrected.
4. The specified sentence was paraphrased.
5. The specified referenced were updated.
6. Yes, the study was conducted as pre-test and post-test.
7. Inclusion criteria were written.
8. References to the training Protocols section were added.
9. References to measurement section added.
10. Ethical considerations were explained.
11. The p-value belongs to Within groups.
12. A brief report of the results was written at the beginning of the discussion.

Yours sincerely

Mohseni

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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.

Morteza Taheri: Reviewer | **Revision** (1) 29 Dec 2019

Dear AE,
Now, It seems more complete compared to the previous version. However, working on English edition is highly recommended.
Thanks.

REFEREE: Associate Editor | **Revision** (1) 25 Jan 2020

Dear EIC,
As suggested by the reviewer, the manuscript is now suitable for publication.
Thanks

REFEREE: EIC | **Revision** (1) 8 Feb 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.