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

Gene, Cell and Tissue
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Peer Review Report for "The Effect of High Intensity Interval Training (HIIT) and Crocin Consumption on Doxorubicin-Induced Apoptotic Indices in the Muscle Tissue of Rats"

Author(s): Kavous Eydivandi, Mohammad Ali Azarbayjani, Parvin Farzanegi

Review Timeline:

Submit Date: 25 Aug 2020
Revised Date: 14 Oct 2020
Accepted Date: 19 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.

REFEREE: Reviewer | Revision (0)

28 Aug 2020

Dear AE,
Comments for the Author(s)
Some points can be improved as follow:
1- You used HIIT (abbreviation of high-intensity interval training) in Abstract for the first time without any explanation (You should be used complete of the sentence before abbreviation), please write it once and repeat it in other sentences of the manuscript.
2- In the Background is written many sentences and researches about apoptosis but there are a few research about crocin, please add some research about it.
3- In the Results (page: 6 line: 3, 4) you used the word patient instead of animals or Rats please correct it.
4- It's better to add the significant asterisk brackets in the figures.
5- In the Discussion, you discussed the effects of training (exercise) on apoptosis but there is not any research about the effects of cricin on apoptosis in the muscles please add some researches and discuss them with your finding.
6- In conclusion, you wrote the result of manuscript, please revise this section.
Thanks.

Azam Asemi Rad: Reviewer | **Revision** (0) 31 Aug 2020

Dear AE,
In this study, the authors evaluate the effect of high-intensity interval training and crocin consumption on some doxorubicin-induced apoptotic indices in the soleus muscle tissue of rats. However, there are several limitations as a fellow:
- In this manuscript, it seems that some sentences translate Persian to English. So, using appropriate academic words and English editing is highly recommended.
- The introduction part is so long, it should be shortened.
- The authors should mention why they administrated animals with 220±20 gr body weight? After 7 weeks of adaptation, How much were the rats weigh?
- Why the author selects the soleus muscle to measure the gene expression?
- Please add the mechanism of action of doxorubicin.
- In the discussion, the author mentioned a study by Save et al, and they reported a contrary result. What is the cause of this difference?
- In discussion, the sentence " the absence of a decrease in caspase-3 gene expression activity due to exercise may be the result of a significant decrease in strong levels of a caspase-3 inhibitor" what factors make exercise ineffective?
- Please add the mechanism of the effect of exercise on increasing Bax gene expression in the discussion.
- Limitations and new suggestions should be added to the manuscript.
Thanks.

Zahra Heidari: Associate Editor | **Revision** (0) 12 Sep 2020

Dear EIC,
Based on the reviewers comments and as I read this manuscript needs English language editing and major revisions. The authors should revise it precisely and reply to the comments point by point.
Thanks.

Zahra Heidari: EIC | **Revision** (0) 12 Sep 2020

Dear Author,
Based on the reviewers' and AE comments this manuscript needs English language editing and major revisions. please revise it precisely and reply to the comments point by point.
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.

Dear reviewers

The requested items in the text were modified in bold and some other cases were answered below

?Why the author selects the soleus muscle to measure the gene expression

Based on previous research[kim et al(2010),song et al(2006) McMillan et al(2012)...], which often uses aerobic exercise as one of the variables in research, the effect of these exercises on the horseshoe muscle, which has a large aerobic capacity, is measured, so to measure the .expression of genes from The soleus muscle is used

The authors should mention why they administrated animals with 220±20 gr body ?weight? After 7 weeks of adaptation, How much were the rats weigh

According to past research and to harmonize the various research groups, and according to the age group of rats in the study (8 weeks) are usually the average weight .of 220 ± 20 grams .The mean weight of rats after 7 weeks is shown in Table 2

Please add the mechanism of the effect of exercise on increasing Bax gene .expression in the discussion

Exercise reduces Bax gene expression

In the discussion, the author mentioned a study by Save et al, and they reported a ?contrary result. What is the cause of this difference

Differences in the type of intensity and duration of aerobic exercise used in different .studies have led to conflicting results in skeletal muscle apoptosis

In discussion, the sentence " the absence of a decrease in caspase-3 gene expression activity due to exercise may be the result of a significant decrease in strong ?levels of a caspase-3 inhibitor" what factors make exercise ineffective

decrease in strong levels of caspase-3 inhibitor (XIAP) and an increase in smac levels (XIAP inhibitor)

Thanks regards

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) — 18 Oct 2020

Dear AE,
I read the manuscript and reviewed the sections modified by the author in response to the reviewers. I must point out that this version is suitable for accepting to the journal.
bests,

REFEREE: Reviewer | **Revision** (1) — 19 Oct 2020

Dear AE,
I read the article after first revision, comments of reviewers is done.
Thanks.

Zahra Heidari: Associate Editor | **Revision** (1) — 19 Oct 2020

Dear EIC,
Based on the reviewers comments and as I read revisions were done well. Thus this manuscript can be accepted for publication in GCT.
Thanks.

Zahra Heidari: EIC | **Revision** (1) — 19 Oct 2020

Dear Author,
Based on the reviewers and AE comments revisions were done well. Thus this manuscript can be accepted for publication in GCT.