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OPEN PEER REVIEW

Effect of Interval Training and Curcumin on BAX, Bcl-2, and Caspase-3 Enzyme Activity in Rats

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SUBMITTED	REVISED	ACCEPTED	DOI
9 Jan 2021	7 Feb 2022	13 Feb 2022	10.5812/gct-112792

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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1 Original submission

4 comments · 12 Jan 2021 – 18 Jan 2021

Referee 1 Reviewer

MAJOR REVISION 12 Jan 2021

Dear editor,
Concerning the manuscript entitled “The Effect of High Intensity Interval Training and Curcumin on the Expression of BAX and Bcl-2 Proteins and Caspase-3 Enzyme Activity in Rats” for Gene, Cell and Tissue Journal, the authors investigated the effect of high-intensity interval training and curcumin on the expression of BAX and Bcl-2 proteins and Caspase-3 enzyme activity in rats and reported that curcumin consumption and intense interval training were associated with increases in the expression of Bax, Bcl-2 and caspase.
Before acceptance of the article, the authors need to make some changes to improve the quality of the article.
1. The overall work is not satisfactory, and the manuscript has a lot of grammatical and syntax errors.
2. In the abstract, the authors said “that course some damage”. What do the authors mean?
3. In the abstract, the authors said “and those in the curcumin groups received .”. What did they receive?
4. In the methods, the authors said “The training program It can be seen in table 1”. Remove it.
5. Keywords should be selected from MeSH Headings, not MeSH entries. You can find the appropriate keywords on "Mesh Browser" at "https://meshb.nlm.nih.gov/search".
6. In the abstract, the results and conclusion need more details.
7. The innovative aspect of the research is not specified. In recent years, several studies have been conducted on the relationship between curcumin and apoptosis, and the present study does not provide new information in this regard. Ultimately, it is a repetition of previous studies and lacks novelty. If this is not the case, please introduce the highlights of the manuscript.
8. Overall, the methods section is very brief, and it is necessary to provide more detailed information, including the steps for preparing samples and measuring protein expression (western blot method).
9. All details and abbreviations in each table must be fully defined: CO, CU, HIT, etc.
10. What parameter does the Y axis represent in each table?
11. The English language of the manuscript is not sufficient. Abbreviations should be fully defined at first use.
12. The authors are advised to critically follow the guidelines for original articles and references in GCT.

Best regards.

Referee 2 Reviewer

MAJOR REVISION 13 Jan 2021

Major revision (Paper is seriously flawed.)

Final evaluation:
With respect to the authors, the article is recommended for rejection and possible acceptance after major revision. Rewriting it is highly recommended and could improve the study.
However, I have several concerns about this manuscript, and there are many points that should be revised and/or commented on:

1- Lack of Novelty
2- The manuscript does not match the journal guidelines.
3- The article is not written well. There are many grammatical mistakes. Due to frequent repetition and lack of fluidity, a reader will lose interest.
4- The figures provided are irregular, with typing errors and without clear captions.
5- The submitted text is sloppy and cluttered and full of typos. The manuscript needs extensive revision.

6- The authors couldn't clearly convey their aims and justify their findings. The results and discussion need to be revised.
7- In particular, the discussion is mostly not related to the topic of the manuscript or to the results. The results were poorly discussed and compared to the relevant literature. Please improve the whole chapter.
8- Major grammatical errors.

Associate Editor

MAJOR REVISION 14 Jan 2021

Dear Author,
Thank you for submitting your manuscript "The Effect of High-Intensity Interval Training and Curcumin on the Expression of BAX and Bcl-2 Proteins and Caspase-3 Enzyme Activity in Rats " to Gene, Cell and Tissue Journal. The editorial team and a group of expert reviewers have assessed your submission. We would like to invite you to revise the paper and resubmit it for further review.
I appreciate that your paper addresses the effect of high-intensity interval training and curcumin on the expression of BAX and Bcl-2 proteins, but there were some concerns raised with regard to the abstract, methods, discussion, figure, and English language. Please see the attached reviewer comments for further details about necessary revisions.
I ask that you submit the revised version of your manuscript. Please note that your revised manuscript should be accompanied by a summary of your responses to the reviewers' comments, and revisions should be highlighted in the text.

Sincerely,

Editor-in-Chief

MAJOR REVISION 18 Jan 2021

Based on the reviewers' and AE's comments, this manuscript needs major revision and a point-by-point response to the comments.

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.

Thank you for submitting your valuable manuscript to our journal. We would like to inform you that the peer review process of your manuscript is complete and requires "**Major Revision**". Although it has several useful points, it needs **Major Revision** to be reviewed again. Below you can find the abstracts of the peer review decision made by our editorial board members.

Reviewers' Comments:

Reviewer 1:
Dear editor,
Concerning the manuscript entitled "The Effect of High Intensity Interval Training and Curcumin on the Expression of BAX and Bcl-2 Proteins and Caspase-3 Enzyme Activity in Rats" for Gene, Cell and Tissue Journal, the authors investigated the effect of high intensity interval training and curcumin on the expression of BAX and Bcl-2 proteins and Caspase-3 enzyme activity in rats and reported that Corcumin consumption and intense interval training were associated with increases in expression of Bax, Bcl-2 and caspase.
Before acceptance of article, the author needs to make some changes to improve the quality of the article.
1. The overall work is not satisfactory and the manuscript has a lot of grammatical and syntax errors. Were reviewed

2. In abstract author said "that course some damage", What does the author mean? Was corrected

3. In abstract author said "and those in the curcumin groups received .", they received what? Were reviewed Was corrected

4. In methods author said "The training program It can be seen in table 1", remove it. *Deleted*

5. Keywords should be selected from MeSH Headings, not MeSH entries. You can find the appropriate keywords on "Mesh Browser" at "https://meshb.nlm.nih.gov/search". Keywords were selected from the MeSH title

6. In abstract, the results and conclusion need more details. More details were added to the results and conclusions. Restrictions on the use of words

7. The innovative aspect of the research is not specified. In recent years, several studies have been conducted on the relationship between curcumin and apoptosis, and the present study does not provide new information in this regard. Eventually, it is a repetition of previous studies and

lacks novelty. If not, please introduce the high lights of the manuscript. In this study, the emphasis is on the simultaneity of supplementation and intense interval training. Because physiological changes caused by stimulation of physical activity can affect the immune system

In addition, this article was sent 10-12 months ago

8. In overall, the method part is very brief and it is necessary to mention more detailed information, including the steps of preparing samples, protein expression (western blot method).

The description of the methodology section was completed

9. All details and abbreviations of each table must be fully defined, CO, CU, HIT,...

All details and abbreviations of the diagrams are fully defined

10. What parameter does the Y axis represent in each table? The Y-axis parameter was determined in the graphs

11. The english language of the manuscript is not sufficient. Abbreviations should be fully defined at first time. English language was reviewed. Abbreviations were initially fully defined.

12. Authors are advice to critically follow the guidelines of the original article and references in GCT. Article writing instructions were implemented and resources were revised

Reviewer 2:
Major revision (Paper is seriously flawed.)

Final evaluation:
With respect to the authors, the article is recommended to reject and possibly accept after major revision. Rewriting it highly recommended and could improve the study.
However, I have several concerns about this manuscript and there are many points that should be revised and/or commented:

1- Lack of Novelty

In this study, the emphasis is on the simultaneity of supplementation and intense interval training. Because physiological changes caused by stimulation of physical activity can affect the immune system

In addition, this article was sent 10-12 months ago

2- Manuscript does not match with journal guidelines. Were reviewed and corrected

3- The article is not written well. There are many grammatical mistakes. Due to frequent repetition and lack of fluidity a reader will lose interest. Were reviewed and corrected

4- Figures provided are irregular, with typing errors and without clear captions. Were reviewed and corrected

5-The submitted text is sloppy and cluttered and full of typos. Manuscript needs extensive revision.

sorry Were reviewed and corrected

6- The authors couldn't clearly convey their aims and justified their findings. Results and discussion needs to be revised. The results and discussion were completely revised and modified

7- Particularly the discussion mostly not related to the topic of the manuscript and not related to the results. The results were poorly discussed and compared to the relevant literature. Please, improve the whole chapter The results and discussion were completely revised and modified

8- Major grammatical errors.

*Sorry....*Were reviewed and corrected

Associate Editor's Comments:

:Associate Editor 1

,Dear Author
Thank you for submitting your manuscript "The Effect of High-Intensity Interval Training and Curcumin on the Expression of BAX and Bcl-2 Proteins and Caspase-3 Enzyme Activity in Rats " to Gene, Cell and Tissue Journal. The editorial team and a group of expert reviewers have assessed your submission. we would like to invite you to revise the paper and resubmit it for .further review
I appreciate that your paper addresses the effect of high-intensity interval training and curcumin on the expression of BAX and Bcl-2 proteins, but there were some concerns raised with regard to abstract, methods, discussion, figure, and English language. Please see the attached reviewer .comments for further details about necessary revisions
I ask that you submit the revised version of your manuscript. Please note, your revised manuscript should be accompanied by a summary of your responses to the reviewers' comments .and highlighted in the text

,Sincerely

EIC Decision:

Based on the reviewers and AE comments this manuscript needs major revision and reply to the comments point by point.

Uploaded Files by Reviewers/Associate Editor/EIC:

Below you can find list of files attached by reviewers or associate editor or EIC during the review process (if any).

No file

How to Revise?

Please sign in to the journal with your account and follow the instruction to resubmit your revised paper. With respect to time limits, we are looking forward to hearing from you soon in the mentioned time frame.

Kind Regards,

On Behalf of,
Prof. Zahra Heidari | **Editor-in-Chief** | Gene, Cell and Tissue

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Help to Author:

**** How to Submit Revision:**
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2 Revision 1

0 comments

No public comments in this round.

3

Revision 2

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:
The authors provided a point-by-point reply and revision well. However, the discussion still carries some flaws. All data presented need to be discussed.

The results section was reviewed and rewritten.

All variables were mentioned again and the reasons for the changes were discussed and compared with the results of other researchers.

BEST

Associate Editor's Comments:

Associate Editor 1:
Dear author,
Thank you for submitting the revised version. I would like to inform you that the corrections that have been made are not enough and the revised version requires more extensive explanations in the discussion part based on the results. After you've made the appropriate adjustments, please highlight them.
sincerely,

Dear Reviewer

The results section was reviewed and rewritten.

All variables were mentioned again and the reasons for the

1 / In the discussion section, first the results are written
2 / The agreed and contradictory results are mentioned changes were discussed and compared with the results of other researchers.
3 / The cause of the results is stated by mentioning the mechanism
4 / Causes of conflict or similarity of results are also mentioned
5 / If you do not approve, please refer to the exact article you want

Thank you very much for your attention and reminders of scientific cases to improve the article

3 Revision 2

0 comments

No public comments in this round.