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OPEN PEER REVIEW

Effect of High-intensity Interval Training with Royal Jelly Consumption on Serum Levels of Glucose, Insulin, and Insulin Resistance Index of Overweight and Obese Middle-aged Men: A Quasi-experimental Study

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SUBMITTED	REVISED	ACCEPTED	DOI
3 Apr 2022	20 Aug 2022	18 Sep 2022	10.5812/jjcdc-123363

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

0 comments

No public comments in this round.

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.

Dear Editor-in-Chief of the Journal,Jundishapur Journal of Chronic Disease Care

Thank you so much for your continued attention and insightful comments offered for the amendment of manuscripts. All comments and suggestions presented by the respected reviewers were followed and corrections and modifications were carried out accordingly, which were highlighted in yellow in the manuscript, and presented as follows:

Best regards,

Responses to the respected reviewers' comments:

1. The type of research design was added to the end of the title.
2. In the methods section of the abstract, upon the respected reviewer's suggestion, a statement was added and highlighted in yellow.
3. The terms "overweight" and "obesity" were added to the keywords.
4. Some research studies with contradictory results were added to the text anddiscussed in detail and were highlighted with the yellow background as well.
5. Wherever necessary, the content was syntactically and semantically edited.
6. The present study was conducted using a quasi-experimental randomized research design with fourgroupsand two-stage (pre-test and post-test) measurements.
7. Given that in the exercise research to study the effect of independent variables, it is not possible to control all factors, including mental and emotional states, sleep duration, calorie intake and daily activity of the subjects, etc., such research is considered as semi-experimental design.
8. To observe the ethical principles and considerations in the research, all the data gathered from the subjects remained confidential.
9. The symbol to show the level of significance in the figures and tables was revised and corrected using upper case letter; also, the same symbol was added in the tables wherever it was missing.
10. Limitations of the study wereadded to the end of the discussion and highlighted in yellow.

11. As the sponsoring institution of this research, the labelGachsaran Branch, Islamic Azad University was mentioned at the end of the manuscript.

2 Revision 1

3 comments · 30 Jun 2022 – 5 Aug 2022

Referee 1 Reviewer — ACCEPT — 30 Jun 2022

Dear Editor,
All revisions have been made, and the manuscript is acceptable.

Mehrnaz Ahmadi Reviewer — MINOR REVISION — 20 Jul 2022

Thanks to the authors for their efforts. To improve the article as much as possible, please correct the following points in the methods and results sections:

1- Mention the method of determining the sample size. What formula or software did you use to determine the sample size? Mention the study on which the sample size determination was based.
2- It is mentioned in the methods that the participants were selected based on their responses to the general health questionnaire. Please explain this part more clearly. What score do you consider indicative of health? And why did you use this questionnaire?
3- What method did you use to randomly assign people to groups?
4- In figures 1 to 3, the subtitles of the Pre and Post-test sections should be rechecked. In some parts, Pre or Post is written twice.
5- Please report the effect size of the study if possible.

Editor-in-Chief — MINOR REVISION — 5 Aug 2022

Dear Author,
This manuscript needs further minor revisions. Please see the reviewers' comments, revise your manuscript, and resubmit it.
With regards.

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.

Dear Editor-in-Chief of the Journal,Jundishapur Journal of Chronic Disease Care

Thank you so much for your continued attention and insightful comments offered for the amendment of manuscripts. All comments and suggestions presented by the respected reviewers were followed and corrections and modifications were carried out accordingly, which were highlighted in yellow in the manuscript, and presented as follows:

Best regards,

Responses to the respected reviewers' comments:

1- G Power software was used to estimate the sample size (image below); also, based on the book Fundamentals of Research Methods in the Humanities by Dr. Hafezi Nia, in which the sample size for experimental and quasi-experimental research is stated as 15 people, and also the two articles below have a sample size of 15 people.

https://www.tandfonline.com/doi/abs/10.1080/13813455.2020.1797104

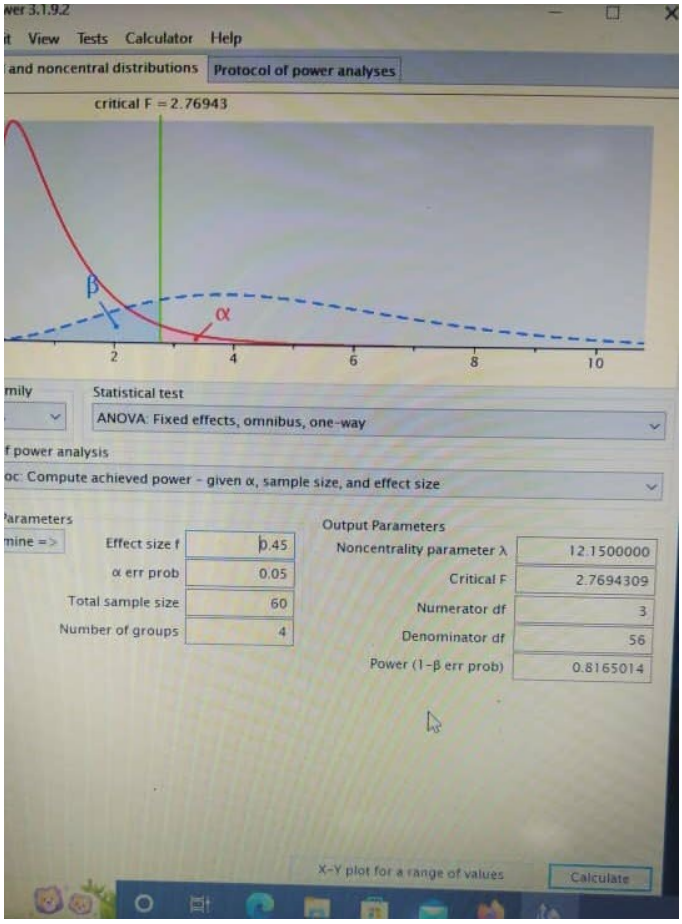
http://feyz.kaums.ac.ir/browse.php?a_id=3841&sid=1&slc_lang=en

2- What was meant was the informed consent form, in which the volunteers were asked to state any specific physical or mental illness they had, based on which these individuals were excluded from the research process. The corrections were made and highlighted in yellow

3- The subjects were placed in the research groups based on weight

4 – Three graphs (figures) were corrected

5- The effect size according to the G Power calculation is 0.45. (image below)


View Tests Calculator Help
and noncentral distributions
Protocol of power analyses
critical F = 2.76943
β
α
2
4
6
8
10
Statistical test
ANOVA: Fixed effects, omnibus, one-way
power analysis
oc: Compute achieved power - given α, sample size, and effect size
Parameters
Effect size f
0.45
α err prob
0.05
Total sample size
60
Number of groups
4
Output Parameters
Noncentrality parameter λ
12.1500000
Critical F
2.7694309
Numerator df
3
Denominator df
56
Power (1-β err prob)
0.8165014
X-Y plot for a range of values
Calculate

3 Revision 2

2 comments · 17 Sep 2022 – 18 Sep 2022

Associate Editor

ACCEPT 17 Sep 2022

Dear Editor-in-Chief,
The author has made all the revisions, and the manuscript is suitable for publication.

Editor-in-Chief

ACCEPT 18 Sep 2022

Dear author,
In my opinion, this manuscript in the current format is ready for publication. Thank you for choosing JJCDC for your publication.
With regards.