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://brief.land/briefland/knowledgebase/category/tree.html#opr.html

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Peer Review Report for "The Effect of Aerobic Training and Caffeine Consumption on Lipid Profile and Resting Blood Pressure in Obese Men: A Quasi-Experimental Study"

Author(s): Ebrahim Aghajari, Ali Khajehlandi, Amin Mohammadi

Review Timeline:

Submit Date: 18 Aug 2019
Revised Date: 30 Sep 2019
Accepted Date: 17 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)

13 Sep 2019

Dear AE,
Thanks for submitting this manuscript to this journal. There are some comments in my opinion to the article that should be addressed by the authors:
a) Please write a running title.
b) Check keywords with Mesh.
Background
1- Discussion more about the challenges of your study in the last paragraph.
METHOD
1- How determined sample size?
2- Mention the subheading (data analysis) in the method section.
3- Mention ethical consideration and ethical code in the separate subheading in the method section.
Discussion

1- mention the limitations of this study.
Thank you for the opportunity to revise this study.

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

Dear EIC,
Based on our reviewers' comments this manuscript needs essential reversion, especially in the sampling method. If the study is an RCT study the authors should get an IRCT code before publication.
Thanks.

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

Dear Author,
your manuscript need some versions. Please pay attention to all reviewers comments and revise your manuscript then resubmit your manuscript.
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.

Reviewer 1:

Q1• Please write a running title.

*R1.*The Effect of Aerobic Training and Caffeine Consumption on Lipid Profile and Resting Blood Pressure in Obese Men

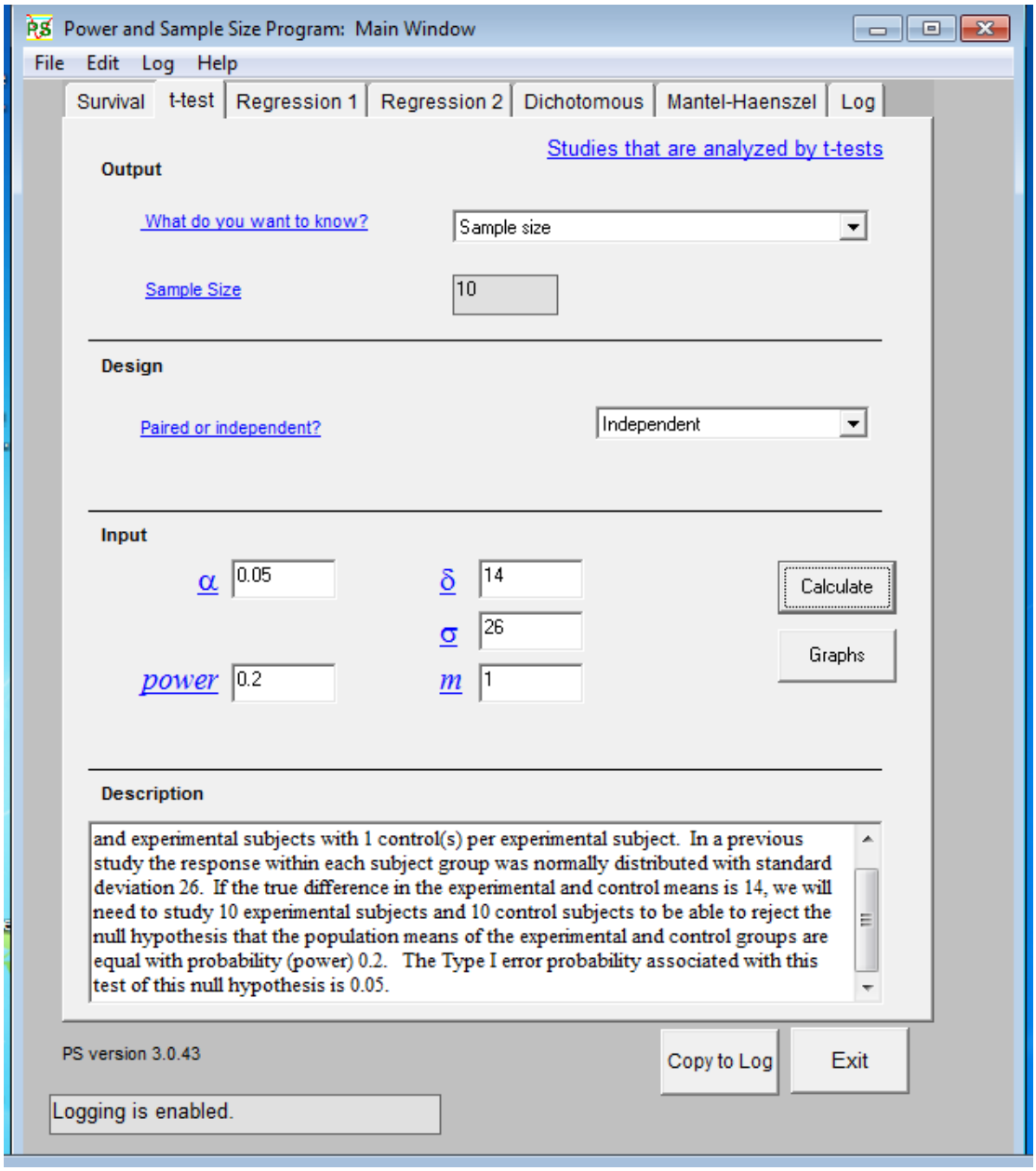
.

Q2.Check keywords with Mesh.

*R2.*Aerobic Training, Caffeine, Lipid Profile, Blood Pressure, Obese Men

Q3.Discussion more about challenge of your study in the last paragraph.. Based on the literature review, there is no clear-cut perspective on the effect of caffeine consumption on lipid profile and blood pressure; on the other hand, little research has been done on the effect of caffeine consumption concurrent with aerobic training, so the results of the present study may help to clarify the existing views on caffeine consumption.

Q4.How determined sample size?



R4.In this study we use power and sample size program (Main Window), We are planning a study of a continuous response variable from independent control and experimental subjects with 1 control(s) per experimental subject. In a previous study the response within each subject group was normally distributed with standard deviation 26. If the true difference in the experimental and control means is 14, we will need to study 10 experimental subjects for each groups and 10 control subjects to be able to reject the null hypothesis that the population means of the experimental and control groups are equal with probability (power) 0.2. The Type I error probability associated with this test of this null hypothesis is 0.05

Q5.Mention subheading (data analysis) in the method section.

Data analysis were made in the text.

Q6.mention limitation of this study.

Nevertheless, the limitations of the study included the individual differences of the subjects and non-generalizability of the results to all individuals in the community; also, in this study only obese men were selected as research participants, which could a limitation in the generalizability of the results to obese women.

Reviewer 2:

1-The number of samples is low

In this study we use power and sample size program (Main Window), We are planning a study of a continuous response variable from independent control and experimental subjects with 1 control(s) per experimental subject. In a previous study the response within each subject group was normally distributed with standard deviation 26. If the true difference in the experimental and control means is 14, we will need to study 10 experimental subjects for each groups and 10 control subjects to be able to reject the null hypothesis that the population means of the experimental and control groups are equal with probability (power) 0.2. The Type I error probability associated with this test of this null hypothesis is 0.05

Discussion
Is written suitable

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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.

REFEREE: Reviewer | **Revision** (1) — 13 Dec 2019

Dear AE,
The study is reviewed carefully. According to comments and revisions by the author, this manuscript is accepted.
Thanks

REFEREE: Reviewer | **Revision** (1) — 17 Dec 2019

Dear AE,
I think the sample of this study is small and this is a problem and t it will be very important.
Thanks

REFEREE: Associate Editor | **Revision** (1) — 17 Dec 2019

Dear EIC,
This manuscript can be acceptable .
Thanks

REFEREE: EIC | **Revision** (1) — 17 Dec 2019

Dear Author,
The document is reviewed carefully by the reviewers. According to their comments and your revisions as requested, this manuscript is accepted.
Thanks.