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OPEN PEER REVIEW

Comparison of Moderate and High-Intensity Interval Training for Plasma Levels of Orexin-A, Insulin, and Insulin Resistance in Women with Overweight/Obesity

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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.

Editor-in-Chief of Zahedan Journal of Research in Medical Sciences

Dear Dr. Alireza Bakhshipour

Thanks for the instructive comments from editors and reviewers. We believe that their important comments and suggestions have contributed substantially to improve the presentation of our study. We have included a list of inserted changes as follows:

Reviewers' Comments:

Reviewer 1:
تفاوت بين قبل و بعد در هر گروه بطور جدا را با چه آزمونی بررسی کرديد در متن يا در جدول پی مقدارهای دقيق را گزارش کنيد
حجم نمونه شما چرا انقدر کم است
***پاسخ:* احتراما و ضمن تشکر از نظرات داور ارجمند. تفاوت هاي درون گروهي(قبل وبعد هر گروه) با آزمونt همبسته مورد آزمون قرار گرفته است . مقادير دقيق P گزارش شد . حجم نمونه با توجه به تحقيقات پيشين و نرم افزار G. Power تعيين شد. ضمن اين که برخي داده هاي پرت (outliers) مشاهده شد که براي تامين توزيع طبيعي داده ها، آنها نيز حذف شدند.**

Reviewer 2:
Dear Author(S)
I read your manuscript. this is an application method for lowering weight. however, there are some comments and suggestions for improving the manuscript.

Comment 1: ***There are grammatical and typographical errors in parts of the text***

Answer: Authors apologize for these errors. We make some corrections in this regard and highlighted.

Comment 2: ***The criteria you defined for overweight or obesity should be mentioned with reference.***

Answer: We make some corrections in this regard and highlighted (page 3, line 22-23).

Comment 3: ***Do you think reproductive status affects the indicators being evaluated and what steps have you taken to reduce these effects?***

Answer: The menstrual cycle and hormonal changes can certainly be affected as a result of the interventions. According to the exclusion criteria and their written consent, women who became pregnant during exercise interventions were excluded from continuing exercises.

Comment 4: ***"Analyzed" is not a good verb to determine quantity or size. It is recommended to replace it with a suitable verb***

Answer: We make some corrections in this regard and highlighted (page 4, line 4).

Comment 5: ***Pars test kits, made in Iran, by VT 30 Set, this is not suitable, must be in the form of "name of product or equipment, company name and country of manufacture***

Answer: We make some corrections in this regard and highlighted (page 4, line 4-5).

Comment 6: ***What was the health status and presence of other diseases in these subjects?***

Answer: We evaluated the health status of participants by a self-reported general health questionnaire (page 3, line 14-16).

Comment 7: ***Was the evaluation of food content and food intake in the subjects studied? If yes, how was it done?***

Answer: Unfortunately, precise assessment of food intake or consumed calories of participants was impossible. So, this is one of the limitations of our study. (Page 3, line 17).

Comment 8: ***What formula is used to calculate HOMA-IR? We calculated it with the data in the table3 and obtained different results***

Answer: In this study, instead of equation: fasting insulin (microU/L) x fasting glucose (nmol/L)/22.5, the following equation was used according to the units of measurement.
HOMA-IR= [fasting insulin (μ IU/ml) × fasting glucose (mg/dl)] / 405

Comment 8: ***The unit of some indicators should be corrected.***

Answer: We make some corrections in this regard and highlighted.

Comment 9: ***This sentence "I have to express my gratitude for his unconditional support" is wrong to "acknowledgments".***

Answer: We make some corrections in this regard and highlighted (page 7, line 3).

Comment 10: ***Please use full names of abbreviations before using abbreviations.***

Answer: We make some corrections in this regard and highlighted

Comment 11: ***Was the post-exercise food intake assessed in these individuals?***

Answer: Unfortunately, precise assessment of food intake or consumption calories of participants was impossible. So, this is one of the limitations of our study. (Page 3, line 16).

Comment 12: ***Levels of the hormones leptin and neuropeptide Y can be very helpful in interpreting the results.***

Answer: Measuring some hormones, such as leptin and neuropeptide Y, could provide more information, but it was not possible for the researcher to measure it due to higher costs. We hope this issue will be addressed in future research.

2 Revision 1

2 comments · 13 Jul 2021 – 13 Jul 2021

Associate Editor

ACCEPT 13 Jul 2021

Accept

Editor-in-Chief

ACCEPT 13 Jul 2021

Accept