

## 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://brieflands.com/briefland/knowledgebase/category/tree.html#opr.html>



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## Peer Review Report for "Effects of Melatonin on Neurological Function and Maintenance of Physical and Motor Fitness in Collegiate Student-Athletes Following Sleep Deprivation"

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### Review Timeline:

▶ Submit Date: 26 Oct 2020

▶ Accepted Date: 9 Nov 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:** EIC | Revision (0)

9 Nov 2020

Reviewer 1:

Comments:

- 1- In the abstract section, put background or context before the study purpose.
- 2- Sample recruitment should be noted in the method part of the abstract.
- 3- Better to name statistical analysis in the abstract section (method part).
- 4- P-value should be specified in the result part of the abstract.
- 5- Include a reference for the below sentence in the introduction section:
- 6- "Sleep plays a vital role in the body's biological functions and sleep deprivation can have significant effects on athletes' performance"
- 7- No review literature is found in the introduction. Add it.

Reviewer 2:

Comments

Accepted with minor revisions

- 1- Ethical code?
- 2- Specify the SPSS version

- 3- Use the abbreviation for table one.
- 4- I recommend inputting more updated references, especially the last three years.
- 5- Name the study type in the method section.
- 6- Inclusion criteria
- 7- What are the Limitations of your study?
- 8- Add one section as a conclusion other than the discussion (either one separate paragraph or separate head title)

AE:

Please kindly study the reviewer's comments

Replay to the reviewers

We responded and revised the comments raised by the respected reviewers. Point-by-point responses are provided followingly.

Reviewer 1:

Comments:

1- In the abstract section, put background or context before the study purpose.

Response: added

2- Sample recruitment should be noted in the method part of the abstract.

Response: added

3- Better to name statistical analysis in the abstract section (method part).

Response: added

4- P-value should be specified in the result part of the abstract.

Response: added

5- Include a reference for the below sentence in the introduction section:

6- "sleep plays a vital role in the body's biological functions and sleep deprivation can have significant effects on athletes' performance"

Response: added

7- No review literature is found in the introduction. Add it.

Responses: this part was added: Previous studies have shown that daily consumption of MEL had no significant effect on cognitive and physical function in the morning and one hour before the start of physical activity in soccer players (1, 7).

Reviewer 2:

1- Ethical code?

Response: added (IR.QUMS.REC.1397.402.)

2- Specify the SPSS version

Responses: Added (SPSS Inc., Chicago, IL).

3- Use the abbreviation for table one.

Responses: Abbreviations: MEL: Melatonin, PLA: Placebo.

4- I recommend inputting more updated references, especially the last three years.

Responses: Done (references no 4; 14 and 17)

5- Name the study type in the method section.

Response: Added: The present study was a double-blind randomized placebo-controlled trial

6- Inclusion criteria

Response: added as follows: (A) History of the championship; (B) no history of acute or chronic illness; (C) no medication or dietary supplement in the previous 6 months; (D) no smoking and alcohol use; and (E) depression Less than 13 according to Beck Depression inventory. Exclusion criteria were (A) having vigorous physical activity 48 hours before or during the study; (B) disturbing the circadian rhythm before the protocol; and (C) unwillingness to continue participating in the study.

7- What are the Limitations of your study?

Responses: added (There are some limitations in the study. The sample size was small. On the other hand, although subjects were instructed to maintain their usual diet and activity levels, no accurate monitoring was performed; the experiment was also performed in dormitory conditions and it was not possible to control the stress level in all subjects).

8- Add one section as a conclusion other than the discussion (either one separate paragraph or separate head title)

Responses: done.

Revision 1

Reviewer 1: now, it's accepted

Reviewer 2: the performed revisions are accepted.

AE:

Accepted.

EIC:

Check the typo errors in proofreading.