

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 "An Overview of the Potential Effects of Melatonin Supplementation on Athletic Performance"

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Review Timeline:

- ▶ Submit Date: 2 Jan 2022
- ▶ Accepted Date: 25 Jan 2022

Revision (0)

Here, you can see the [Reviewers](#), [Associate Editors](#) and [EICs](#)' comments from the beginning to the end of the revision process.

Masoud Mirmoezzi: Reviewer | **Revision (0)**

12 Jan 2022

Dear AE,

The manuscript is studied, and there are some comments which should be addressed by the author. According to the comments, the document needs minor revision.

Kind regards,

Roghayeh Afroudeh: Reviewer | **Revision (0)**

23 Jan 2022

Dear AE,

This manuscript is an interesting review article about the advantages and disadvantages of Melatonin consumption with a special focus on its effect on exercise performance. Some parts of the manuscript need to be revised as they are unclear or confusing. There are some comments which should be addressed by the author(s). According to the comments, the document needs minor revision.

Kind Regards

Morteza Taheri: Associate Editor | **Revision (0)**

25 Jan 2022

Dear EIC,

The manuscript is studied, and there are some comments which should be addressed by the author.

Kind regards,

 **Morteza Taheri: EIC | Revision (0)**

25 Jan 2022

Dear Authors;

I reviewed your manuscript and thank you for your time. I think this subject is so interesting and it could be so applicable to future study direction. I regret to inform you that your manuscript "An overview of the potential effects of melatonin supplementation on athletic performance" is not included in the format of the review and all of the parts were written so weak. It needs a major revision and rewrites, so I rejected it. I am sorry to bring you this news, but I hope that you take these comments to improve it and ready for future submission.

Sincerely.

Page 1- line 5: It needs to be clear the connection between melatonin usage and exercise training in the background.

Page 1-Line 10: Please, identified the second goal of this overview. It is not clear!

Page 1-Line 12: I cannot understand!!! Does your study is a systematic review? Or narrative review? Or literature review? Please identify clearly your methodology.

"notice that your results, I think it is not a systematic review!

The methodology has been written very weakly!

Page 1-Line18: Results needs to improve and write better. There are many sentences without coherence. It needs major editing. The result included tour focus of this study and what part of all of the studies that you overview them is your focus?

The result of the narrative review/ literature review is not this!

Page 1–Lines 24-30: Conclusion should be rewritten. It is so weak and unclear. What is your best suggestion about melatonin usage during the final of this review? Do you want to focus on the effect of melatonin prior to training?

Page 1–Line 32: You can add the best keywords than "sleep" and add keywords related to the athlete's performance.

Generally: the abstract was written weakly and needs a major revision.

Page2-Line71: Please clearly identified what is the relationship between exercise performance and sleep.

Page 3-Line89: in review papers, it should be mentioned exactly what is vague in this part and future studies should focus on what for more investigation.

You should focus on (sex difference, age level, different types of exercise, and the kind of performance athletes that are measured) during exogenous melatonin supplementation in this part.

Is there a difference in melatonin supplementation? Is there a different kind of melatonin supplementation? And what does and what time of supplementation you recommend for improving performance athletes after reviewing the literature?

Page 3-Line 101: What is a reference? "because a 5-mg dose of melatonin may be sufficient to induce sleepiness" ...

Page 3-Line 94: You mention "Effect of daytime ingestion of melatonin on athletic performance", but, I can't see any daytime, just introduce two doses of melatonin usage!!!!

You should explain this part like the prior part in detail based on the title.

Page 4-Line 125: "The findings show that acute melatonin injection before endurance exercise has no hypothermic effect during exercise". Please identify references and explain the highlighted part in this sentence!

Page 4-Line 129-151: This section was written so short and with many repetitions of sentences. You should rewrite it in detail and improve it (I strongly recommended, returning to the literature review format in this field).

Page 4-line 161: Please ask these questions

"a significant dose (what dose) of melatonin administered during the day (at bedtime) has been shown to elicit minor narcotic effects (you mentioned it in previous?) and sleepiness and other adverse effects (what are adverse effects?) (37, 41, 45, 46), and so is not recommended (why?) (58). When consumed during the day (it means that there are not any papers on this matter?), melatonin can throw off the body's circadian clock (how? /what is circadian clock?), resulting in an increase in oxidative stress (58)."

Page 5-Line 167: Why do you add this title here? Why do you just explain endurance exercise? What about other types of exercise?

Page 5-Line 175: "When excessive levels of nitric oxide are created", why do you start this sentence with the WH question phrase? What is your mean?

Page 5-Line 200: "Animal studies confirm a dose-response relationship between melatonin concentration and vascular alterations (71, 72), adrenal nerve activity (73), and hormonal secretion responses (74)." You focus on human studies, why do you refer to animal research?

Page 6-Line 241: "We believe that acute melatonin ...". You should write (We believe based on literature review ...).

Page 6-Line 251: You recommended more investigation of melatonin usage at night of day? Just this time of day is unexplored in athlete's performance?

Page 6-Line 252 -257: You suggested, it senses extra work be done on the effect of fat-burning of melatonin and weight loss, why do you suggest this comment? Is it related to the athlete's performance?

Generally: you need to have strong titles and subtitles of melatonin usage in athlete society. I think you write so close to one of your references (Souissi A. et al).