

## 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 Verbal Encouragements on Selected Measures of Physical Fitness and Subjective Effort Perception in Young High School Students"

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### Review Timeline:

▶ Submit Date:	11 Jan 2022
▶ Revised Date:	20 Jan 2022
▶ Accepted Date:	20 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.

**REFEREE:** EIC | Revision (0)

20 Jan 2022

Revision 0:

Reviewer 1

Answer and revise the following points:

- 1- In the abstract section, try to show the statistical results by P-value.
- 2- The general conclusion in the abstract should be stated more specifically.
- 3- In the introduction section, try to write a sentence or a paragraph stating the necessity of the research.
- 4- name the exact version of SPSS.
- 5- Mention the ethical considerations of the research.
- 6- Reference used for Linear Sprint Speed?
- 7- It is better to briefly explain the statistical results mentioned in Table 1. first as an independent sentence and then refer to the table.

- 8- If possible, use figure(s) in presenting the results. You only used tables.
- 9- Please add the demographic information of the research participants in the method section:
- 10- It is better to show the research design by a figure.
- 11- It seems that limitations such as the low number of subjects and also the tests used in this research are among the limitations of this research. Please add it.
- 12- The reference used in the measured research tests should be mentioned, for example, the Vertical Jump Tests; Five Jump Test Linear Sprint Speed.
- 13- Mention the considered significance level in the statistics section.
- 14- In the discussion section, first state the general result and then discuss it in detail and compare it with other research.
- 15- Try to mention favorable and unfavorable research closer to the content of your research in the next section.

#### Reviewer 2.

I recommended acceptance with minor revisions as cited below:

- 1- Refer to instructions for authors and check the format based on guidelines.
- 2- What's the research novelty and state its importance.
- 3- Presenting some research introduction as a review of literature is highly recommended.
- 4- Put a separate section namely the conclusion by which major findings are presented.

#### Replay to the reviewers

This is to thank the editor and reviewers for their valuable comments. We did all comments revise within the manuscript. Keep us informed if more revision is needed.

#### Reviewer 1

Answer and revise the following points:

- 1- In the abstract section, try to show the statistical results by P-value: added
- 2- The general conclusion in the abstract should be stated more specifically: The conclusion was modified in this way
- 3- In the introduction section, try to write a sentence or a paragraph stating the necessity of the research. The following sentence was added in order to present the necessity of acquisition  
"To the authors' knowledge, limited studies have been published regarding the effect of VE on athletes' physical performance compared to high school students (2, 5). Specifically, the effects of VE on RPE in high school students are still unclear."
- 4- Name the exact version of SPSS: Added (SPSS version 20.0 statistical software (IBM, Armonk, NY, USA).
- 5- Mention the ethical considerations of the research: Corrected and added as follows:  
The experimental protocol was conducted according to the Declaration of Helsinki for human experimentation. All participants and parents of those below 18 years gave written informed consent after a detailed explanation of the aims and risks associated with this study.

6- Reference used for Linear Sprint Speed? ref number 11 is used and referenced in the text.

7- It is better to briefly explain the statistical results mentioned in Table 1. first as an independent sentence and then refer to the table.

The following sentence was given before Table 1

Our findings indicated significantly larger improvements in 10-m [ $P = 0.023$ ,  $ES = 0.71$  (medium)] and 30-m linear sprint speed [ $P = 0.016$ ,  $ES = 0.76$  (medium)] under VE condition compared to no VE (Table 1).

8- If possible, use figure(s) in presenting the results. You only used tables: Figure 2 was added.

9- Please add the demographic information of the research participants in the method section: done as follows:

(age:  $19.70 \pm 1.06$  years; height:  $1.78 \pm 0.06$  m; body mass:  $68.95 \pm 5.97$  kg; body mass index:  $21.68 \pm 2.13$  kg.m<sup>-2</sup>)

10- It is better to show the research design by a figure: (Figure 1)

The research plan was presented as follows and in the form of a figure.

11- It seems that limitations such as the low number of subjects and also the tests used in this research are among the limitations of this research. Please add it.

While thanking the respected referees, the low number of subjects in the research was mentioned as a limitation.

12- The reference used in the measured research tests should be mentioned, for example, the Vertical Jump Tests; Five Jump Test Linear Sprint Speed.

Thanks for the point mentioned. references 9, 10, and 11 were added.

13- Mention the considered significance level in the statistics section.

The significance level was set at  $P \leq 0.05$ .

14- In the discussion section, first state the general result and then discuss it in detail and compare it with other research.

Done.

15- Try to mention favorable and unfavorable research closer to the content of your research in the next section.

Done Added references 5 and 7

Reviewer 2.

I recommended acceptance with minor revisions as cited below:

1- Refer to instructions for authors and check the format based on guidelines. Checked and revised.

2- What's the research novelty and state its importance. To the authors' knowledge, limited studies have been published regarding the effect of VE on athletes' physical performance compared to high school students. Specifically, the effects of VE on RPE in high school students are still unclear.

3- Presenting some research introduction as a review of literature is highly recommended. Added and highlighted in red color.

4- Put a separate section namely the conclusion by which major findings are presented.

done

AE:

As the reviewers responded, the requested comments and revisions are now done.

Accepted.

EIC:

Accepted. Please kindly consider typo errors in the final version before publishing.