

## 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>



## Peer Review Report for "YouTube as a Source of Information About Physical Exercise During COVID-19 Outbreak"

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### Review Timeline:

▶ Submit Date:	9 Feb 2022
▶ Revised Date:	15 Feb 2022
▶ Accepted Date:	21 Feb 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)

15 Feb 2022

Reviewer 1

Given the fact that any novel research regarding COVID-19 is valuable, I appreciate your efforts and recommend some revisions to do.

\*1st paragraph on Context needs references. Give appropriate references for that.

\*What kind of review study is it? Specify methods and objectives.

\*Which terms and databases were investigated? Clarify in methodology.

\*I recommend having a classification of research used in your study in the conclusion section.

\*The conclusion was revised in such a sentence:

Reviewer 2.

Good scientific information has been investigated. I recommend checking English with a native expert. Anyway, answer the following points and revise as pointed out.

- 1- In the context section, give a brief history of COVID-19 and its impact on health aspects worldwide.
- 2- One key concern is the use of YouTube as a source of physical exercise guidance. How useful is it as a guideline for exercise?
- 3- What kinds of sports or exercises are frequently used on youtube?
- 4- Check the papers in terms of typo errors. It needs major consideration.

Replay to the reviewers

While thanking the constructive comments of the respected reviewers, we tried to make the necessary corrections in the best way.

Reviewer 1

\*1st paragraph on context needs references. Give appropriate references for that.

It was referred to (ref 1-6).

\*What kind of review study is it? Specify methods and objectives.

It's a narrative review. Added.

Which terms and databases were investigated? Clarify in methodology.

A search was performed using the terms "COVID-19" AND "physical exercise" in the YouTube database. The search was conducted only in the English language and was established/closed on April 26th (2020) to June 26th (2020) in order to observe the dynamics of video production on YouTube as well as the number of accesses to videos. a search was also carried out in the PubMed database, with the terms "COVID-19" AND "YouTube", to verify the availability of articles that studied YouTube as a source of education and health promotion information about COVID-19.

I recommend having a classification of research used in your study in the conclusion section.

The conclusion was revised in such a sentence:

As expected, given the volume of information and video production on YouTube, the first scientific articles on the use of YouTube as a tool for recommending and prescribing physical exercise began to be published (30-33). In other words, health literacy, based on health care and the acquisition of healthy habits such as physical exercise, with YouTube as a strategy, can be a powerful tool as long as it is used within ethical principles and with content with a solid scientific basis.

Reviewer 2.

Good scientific information has been investigated. I recommend checking English with a native expert.

1- In the context section, give a brief history of COVID-19 and its impact on health aspects worldwide.

Response: the sentence was added:

The coronavirus disease 2019 (COVID-19) outbreak drew attention to the discussion of issues, factors, and concepts related to the field of public health and the importance of health promotion and education to behave in internal and external environments (1-6). The COVID-19 outbreak also caused a kind of "frenzy and gold rush" with diverse information and content produced every day in different areas of knowledge. For example, in the fields of health, society, politics, economics, work, and education, whether in the academic and scientific context or for the general population (1-6).

2- One key concern is the use of YouTube as a source of physical exercise guidance. How useful is it as a guideline for exercise?

Response: The sentence was added: A limitation of the use of YouTube as a source of physical exercise guidance would be that caution was needed considering the aspect of scientific exercise prescription (46). It should be highlighted that the exercises presented on social media such as YouTube should not be considered physical training programs.

3- What kinds of sports or exercises are frequently used on youtube?

Response: the sentence was added:

The main types of physical exercise indicated (and their variations) were abdominal (bicycle) crunches, back extension, bridge walk, burpee, glute bridge, hamstrings curl, jogging/running in place, jumping jacks, lunges, mountain climber, plank, push-up, squat, stair climbing, and triceps dip.

4- Check the papers in terms of typo errors. It needs major consideration.

Response: checked and revised.

AE:

It's accepted.

EIC:

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