

## 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 "Effect of Wearing the Elevation Training Mask on Physiological Performance in Elite Kayaking Girls"

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### Review Timeline:

▶ Submit Date:	7 Apr 2022
▶ Revised Date:	27 Apr 2022
▶ Accepted Date:	29 Apr 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)

29 Apr 2022

Revision 0:

Reviewer 1:

Comments:

Generally, Interesting research. There are some points needing to be considered. Please take into consideration:

- 1- Better to add a context before the study purpose.
- 2- Participants' age should be brought in describing the participants in the method section of the abstract.
- 3- In the abstract, report exact p-values.
- 4- Specify the conclusion part more clearly in the abstract.
- 5- Study design should be mentioned.
- 6- Put symbol (e.g., \*) for showing significance in tables.
- 7- Study limitation?

Reviewer 2:

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## Comments

The following comments are recommended to make the manuscript more complete. It's accepted.

- 1- I recommend inputting more updated references, especially the last three years.
- 2- Use abbreviations for The Elevation Training Mask such as ETM.
- 3- Include participants' characteristics in the method section (age, sports experiences, and so on).
- 4- in table 1, state the number of participants separately in each group.
- 5- Strengths and Limitations of the study should be stated.

## Replay to the reviewers

All the comments were responded to and revised.

## Reviewer 1:

- 1- better to add a context before the study purpose.

Response: This part was added: (Background: The elevation training mask 2.0 (ETM) has been introduced as a novel tool to allow for respiratory muscle training and altitude exposure during exercise that can improve performance and hematological markers in elite and well-trained athletes).

- 2- Participants' age should be brought in describing the participants in the method section of the abstract.

Response: done.

- 3- In the abstract, report exact P-values.

Response: done.

- 4- Specify the conclusion part more clearly in the abstract.

Response: Done in this way: Performing repeated sprint training while wearing ETM has the potential to enhance performance in Kayak racing.

- 5- Study design should be mentioned.

Response: done.

- 6- Put symbol (e.g., \*) for showing significance in tables.

Response: Done.

- 7- Study limitation?

Response: A limitation of the present study is the insufficient duration for ETM exposure. Future studies should increase the simulated elevation and should compare this device with other approaches.

## Reviewer 2:

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

Response: done (references no 8-10-19 and 22 were added).

- 2- Use abbreviations for The Elevation Training Mask such as ETM.

Response: done.

- 3- Include participants' characteristics in the method section (age, sports experiences, and so on).

Response: done

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4- In Table 1, state the number of participants separately in each group.

Response: done

5- Strengths and Limitations of the study should be stated.

Response: done (A strength of the present study is that we included a no-mask group that trained without a mask and a control group that continued his training routine. A limitation of the present study is the insufficient duration for ETM exposure. Future studies should increase the simulated elevation and should compare this device with other approaches).

Revision 1

Reviewer 1: Dear AE; the requested comments and revisions are done. The manuscript is accepted.

Reviewer 2: Accepted

AE:

Dear Editor, both reviewers have accepted the manuscript. I recommended acceptance.

EIC:

Accepted.