

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 "The Immediate Effects of High Carbohydrate and Caffeinated Drinks on Speed, Coordination, and Cognitive Function in Professional Futsal Players"

Author(s): Seyed Alireza Aghili

Review Timeline:

▶ Submit Date:	6 Aug 2022
▶ Revised Date:	18 Aug 2022
▶ Accepted Date:	27 Aug 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)

12 Aug 2022

Revision 0:

Reviewer 1:

Comments: Generally, The Effect of nutrition supplements on both physical fitness and motor fitness is interesting and that's your student's strength. However, there are some minor revisions that should be done as follows:

1- In the abstract section, there are some points for consideration: a). The method is not completely presented (specify the research groups; report the number of participants in each group). Name the study design; b). Report the P-value for each finding given in the result section; c). Use keywords not included in the research title (If possible).

2- Begin the introduction with a brief explanation of Soccer.

3- Use more updated references in the introduction part.

4- A native English translator must improve the language.

5- Why you've used High Carbohydrate and Caffeinated Drinks in your study?

6- All figures have Low resolution.

7- In the discussion part, first report the results and compare the results with other peer

research and give the reasons for either differences or similarities.

Reviewer 2:

Take the following comments into consideration.

- Please kindly explain some needs in futsal players which make the need for such a study.
- As the study is intended to investigate the effects of caffeinated drinks on performance, preferably, bring the studies with such scope as literature review.
- what are the study limitations?
- Aren't Demographic Characteristics of Participants reported.
- Inclusion and exclusion criteria?
- Include the validity and reliability of tools used for measuring the variables?
- Ethical approval code?

AE: Please indicate the answers to all the questions in a different color in the text and explain your reasoning.

EIC: Check the reviewers' comments and provide the necessary revisions.

Revision 1:

Dear Reviewers and Editor

Thank you for giving the opportunity. We did our best to do the revisions.

Reviewer 1:

Comments: Generally, The Effect of nutrition supplements on both physical fitness and motor fitness is interesting and that's your student's strength. However, there are some minor revisions that should be done as follows:

1- In the abstract section, there are some points for consideration: a). The method is not completely presented (specify the research groups; report the number of participants in each group). Name the study design; b). Report the P-value for each finding given in the result section; c). Use keywords not included in the research title (If possible).

All three comments in the abstract were done.

2- Begin the introduction with a brief explanation of Soccer.

Done. (reference 1)

3- Use more updated references in the introduction part.

Done.

4- A native English translator must improve the language.

Checked by a native English expert.

5- Why you've used High Carbohydrate and Caffeinated Drinks in your study?

The reasons for using it are related to these justifications:

Systemic effects of caffeine include increased blood pressure and stimulating the release of catecholamines, especially epinephrine. It has been reported that athletes use caffeine to increase performance and endurance in long-term sports. In elite athletes, caffeine is commonly used to enhance athletic performance, and it is common in some sports such as cycling and triathlon.

6- All figures have Low resolution.

Low-resolution figures were replaced by high-resolution ones.

7- In the discussion part, first report the results and compare the results with other peer research and give the reasons for either differences or similarities.

Done

Reviewer 2:

Take the following comments into consideration.

-Please kindly explain some needs in futsal players which make the need for such a study.

Response: Done as follows: (first paragraph: In order to achieve peak athletic performance, futsal players have to increase the level of coordination, endurance, strength, power, agility, and speed, improve aerobic and anaerobic capacity, and acquire and maintain physical fitness).

-As the study is intended to investigate the effects of caffeinated drinks on performance, preferably, bring the studies with such scope as a literature review.

Response: Some relevant studies were added and differentiated with different colors in the text.

- what are the study limitations?

Response: Included in the discussion part (There are limited studies in futsal (while this sport has gained a lot of fans and popularity among people in recent years). Futsal is one of the sports that need an anaerobic energy system due to the nature of the game and the high pressure during the match. During a match, players make frequent substitutions after a few minutes for getting energy, and in a short period of time they have to recuperate and return to the game)

- Aren't Demographic Characteristics of Participants reported.

Response: yes, it is.

- Inclusion and exclusion criteria?

Response: It was cited as follows:

The inclusion criteria included having competitive training in the last three months, and at least four days a week for 30 minutes per session; moderate daily coffee consumption (less than 4 cups); not being treated with drugs or supplements; lack of regular consumption of sports or energy drinks; no history of cardiovascular and neurological diseases. The exclusive criteria were as follows: Any sensitivity to the substances and compounds in the supplements; absence of three sessions in each test; failure to pay attention to nutritional guidelines and taking supplements in research.

-Include the validity and reliability of tools used for measuring the variables?

Response: Added in the methods section.

- Ethical approval code?

Response: Added: The study was approved by the research ethics committee of Qazvin University of Medical Sciences (code IR.QUMS.REC.1400.399).

Reviewer 1: all the requested comments were done and are now accepted.

Reviewer 2: accepted.

AE: Based on the reviewers' comments, it has been revised. It's accepted.

EIC: Please consider type errors in the proof reading phase.