

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>



International Journal of Sport Studies for Health

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Peer Review Report for "Exercise in Winter: A Hypothesis from Persian Medicine to Improve Healthy Lifestyle"

Author(s): Marzieh Beygom Siahpoosh, Soheil Gholibeygi

Review Timeline:

▶ Submit Date:	23 May 2023
▶ Revised Date:	11 Jun 2023
▶ Accepted Date:	22 Jun 2023

Revision (0)

Here, you can see the **Reviewers, Associate Editors** and **EICs'** comments from the beginning to the end of the revision process.

Luis Felipe Reynoso-Sánchez: Associate Editor | **Revision (0)**

26 May 2023

Dear authors,


Thank you for submitting your letter to the editor in the International Journal of Sport Studies for Health. The text is interesting and meets the requirements set out in the journal. However, prior to passing it to the reviewers it is necessary to correct the following points:

-In lines 24, 30, 33, 41, 42 and 43, you have written "temperament", but according to the context of the text, I think the correct word you wanted to write was "temperature".

-In addition, the recommendation marked with the letter c repeats information in its section, please review and adjust this wording.

Once these observations have been addressed, please re-submit the corrected document to continue the review process.

Best regards,

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

5 Jun 2023

Please kindly consider the points raised by the respected associate editor.

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Revision (1)

Reply to Reviewers

Ideally, the reviewing process can significantly improve the submitted manuscripts by allowing the authors to take into account the advice of reviewers. Author(s) must reply to all reviewers' comments in a separate Word file, point by point. A "**Reply to Reviewers**" document is submitted along with revised manuscript during submission of revised files, summarizing the changes that the authors made in response to the reviewers' comments. The responses to reviewers' comments specifies how the authors addressed each comment the reviewers made.

You can read the authors' responses to the reviewers' comments in the next page.

Dear Associate Editor,

Thank you for your careful review of this letter. I need to give an explanation about the word "temperament" that you specified in 6 sentences in the article:

The word "Temperament" which is a translation of the word "Mizaj" in traditional medicine, is one of the most frequently used and repeated words in traditional medicine sources and introduces some qualities of a thing either animate or inanimate. There are 4 qualities in a wide range include: warmness in opposite with coldness and wetness in opposite with dryness; so that according to the number of objects, it is possible to determine temperament. These qualities create some characteristics in that object; for example, in human, warmness make a person more active than coldness and a person with dry temperament is more consistent than wet temperament one.

With these explanations, it became clear that the word "Temperament" does not mean "temperature".

About your another recommendation: "In addition, the recommendation marked with the letter c repeats information in its section, please review and adjust this wording", I did not receive any other suggestions containing the letter C in the attached file.

Best Regards

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Revision (1)

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 **Janeth Miranda:** Reviewer | **Revision (1)**

19 Jun 2023

The recommendation of particular types of food can be a complicated matter, particularly when it comes to nutritional guidance. To ensure better comprehension, it may be more advantageous to use terms that are related to macronutrients. In general, the paper offers a fascinating viewpoint on the significance of taking environmental factors into account when making exercise recommendations. It also draws on historical and cultural knowledge to inform current practices. However, as noted in the paper, further research is necessary to verify the effectiveness of the suggested strategies. Overall, the paper is accepted.

 **REFEREE:** Associate Editor | **Revision (1)**

21 Jun 2023

Dear Authors,

Following the peer review process, as Associate Editor of the International Journal of Sport for Health Studies, I have made the decision to accept your letter to the editor for publication in the Journal.

Please watch for indications of the editorial process that will follow for publication.

 **Morteza Taheri:** EIC | **Revision (1)**

22 Jun 2023

Dear Authors,

I am pleased to inform you that your manuscript titled "Exercise in Winter: A Hypothesis from Persian Medicine to Improve a Healthy Lifestyle" has been accepted for publication in our journal, based on the positive reviews from the reviewers and the associate editor. We appreciate the thought and effort put into this manuscript and applaud the scientific rigor and quality of the work. We believe that your paper will make a valuable contribution to the field and benefit readers interested in the intersection of exercise and environmental factors. Once again, congratulations on your work, and we look forward to publishing your paper in our journal.