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Enhancing Cognitive Abilities and Delaying Cognitive Decline in the Elderly through Exercise-based Health Management Systems


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1. Round 1

1.1 Reviewer 1

Reviewer:

The research question is clear and relevant. However, expanding the scope to include comparative effectiveness of different exercise regimens could provide more nuanced insights into program design for elderly populations.

The manuscript presents a coherent argument, effectively linking exercise to cognitive benefits. However, it would benefit from a clearer delineation between the effects of different types of exercise (aerobic, strength training, yoga) on specific cognitive domains.

The literature review is comprehensive but occasionally dense. Simplifying complex sentences and using more bullet points or tables to summarize key findings could enhance readability and accessibility for readers.

The synthesis of findings from the reviewed studies is well-executed. Yet, incorporating visual aids (e.g., flowcharts of study selection, graphs summarizing effect sizes) could significantly enhance the presentation of data and findings.

The discussion around theoretical frameworks and mechanisms is insightful. A minor revision to include a discussion on the limitations of the current body of evidence, such as potential biases in the studies reviewed, would strengthen the analysis.

Author revised the manuscript and uploaded the updated document.

1.2 Reviewer 2

Reviewer:

The manuscript excellently outlines the need for tailored exercise programs. A minor revision to include more specific guidelines or examples of successful programs could enhance the practical value of this review.

While the narrative synthesis approach is appropriate given the scope of the review, the inclusion of a quantitative summary or meta-analysis of effect sizes, where data allows, could provide additional clarity on the magnitude of exercise effects on cognitive health.

The discussion on the efficacy of exercise interventions would benefit from a more detailed exploration of potential confounding factors (e.g., nutrition, social interaction) that might influence cognitive outcomes in the elderly.

There are instances where terms are used interchangeably without clear definition (e.g., cognitive decline vs. cognitive impairment). Ensuring consistency in terminology will aid in clarity.

Author revised the manuscript and uploaded the updated document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.