










Adaptive Sports and Mental Health: Exploring the Psychological Outcomes of Engaging in Sports for Individuals with Disabilities

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1. Round 1

1.1. Reviewer 1

Reviewer:

The introduction sets a solid foundation for the study, yet incorporating a more detailed theoretical framework linking adaptive sports, psychological outcomes, and disability theory could provide a stronger rationale for the research questions and design.

The study prides itself on a diverse participant base, which is commendable. Future revisions could further explore how different types of disabilities may impact the psychological outcomes of sports participation, offering a more nuanced understanding of these experiences.

While the study design is described, additional methodological details could enhance transparency and replicability. For instance, elaborating on the process for ensuring thematic saturation and the criteria for theme identification would be valuable.

Given the sensitive nature of discussing personal experiences with disability and mental health, expanding on the ethical considerations taken during the research process, beyond the brief mention of informed consent, would reinforce the study's ethical rigour.

Minor grammatical and syntactical revisions could improve readability and flow, ensuring the manuscript's arguments are presented as clearly and effectively as possible.

Authors revised and uploaded the document.

1.2. Reviewer 2

Reviewer:

The methods section provides a concise overview of the participant selection and data analysis. However, it would benefit from additional details on the interview guide, such as the specific questions asked, to understand how comprehensively the topics were covered. Additionally, elaborating on the steps taken to ensure the validity and reliability of the thematic analysis could enhance the robustness of the findings.

While the findings are summarized effectively, incorporating direct quotes from participants related to each theme could enrich the narrative, providing readers with a deeper, more personalized understanding of the psychological outcomes described.

The manuscript briefly acknowledges its limitations, primarily focusing on the qualitative nature and the sample size. Expanding this section to discuss potential biases in participant self-reporting and the challenges of generalizing findings from a diverse yet limited sample would strengthen the study's credibility. Suggesting ways future research could address these limitations would be beneficial.

The discussion effectively ties the study's findings to existing literature, highlighting its contribution to the field. A more detailed comparative analysis with previous studies, particularly those with quantitative measures, could offer insights into the consistency of psychological benefits across different research methodologies and populations.

The conclusion touches on the importance of adaptive sports for individuals with disabilities. A more detailed discussion on practical implications, such as strategies for healthcare providers, educators, and policymakers to promote and facilitate access to adaptive sports, could enhance the manuscript's applicability.

Ensure all references are current and accurately cited. Including more recent studies, if available, could provide a comprehensive view of the current research landscape.

Minor formatting inconsistencies, such as variations in heading styles or citation formats, should be addressed to meet the journal's guidelines fully.

Authors revised and uploaded the document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.