


# The Effect of Physical Activity on Body Image, Perceived Competence, and Anger Management among High School Students in Tehran

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

In the sentence, "The statistical population of this study comprised all high school students in Tehran." Consider providing more context about the geographical, demographic, or educational diversity of the sample to enhance the generalizability of the findings.

While the reliability coefficients (Cronbach's alpha) are reported, further discussion on how these coefficients compare with those from prior validations of the instruments would be beneficial.

Table 2 shows non-normal distributions for all variables. This warrants further explanation in the Methods section, detailing why non-parametric methods (Spearman correlation) were preferred over parametric ones.

The statement, "Physical activity can positively influence perceived competence," is valid but could be expanded to suggest novel theoretical contributions to the field of adolescent psychology.

Authors uploaded the revised manuscript.

### 1.2. Reviewer 2

Reviewer:

The Methods section notes that "The face and content validity of the questionnaires were confirmed by the supervising professor." It would strengthen the study's credibility to include details on how this validation process was conducted or to reference additional peer validation.

The sentence, "The higher the level of physical activity, the higher the body image scores of high school students in Tehran," could benefit from more critical discussion. What specific aspects of physical activity are hypothesized to improve body image?

The correlation coefficients (e.g., 0.590 for perceived competence and 0.704 for anger management) indicate moderate-to-strong relationships. It would be useful to discuss the practical significance of these values beyond statistical significance.

In the Discussion section, "These results align with the classical social comparison theory," is stated. Expanding on how this theory specifically applies to adolescents in Tehran's cultural context could deepen the discussion.

The discussion on anger management is somewhat surface-level. For instance, "Physical activity plays an essential role in controlling anger," could include examples of specific physical activities or regimens found effective in prior research.

The study's limitations mention self-reported data and sample specificity. However, it could be expanded to discuss the potential impact of unmeasured confounders like dietary habits or mental health history on the outcomes.

Authors uploaded the revised manuscript.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.