




Examining the Mediating Role of Body Esteem in the Relationship Between Social Body Anxiety and Health-Oriented Lifestyle in Women with Obesity

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1. Round 1

1.1. Reviewer 1

Reviewer:

The statement "In the past half-century, obesity has become a global epidemic..." is impactful, but it would be beneficial to include more recent statistics or sources, particularly from the last five years, to strengthen this assertion and provide current context.

The explanation of reverse-scored items could be expanded to include why reverse scoring was necessary and how it impacts the interpretation of results. This could help readers unfamiliar with the scale understand the importance of these items.

The table presents mean values with standard deviations, but the lack of mention of confidence intervals or effect sizes is a limitation. Including these statistical measures would enhance the robustness of the reported results.

In Table 2, the correlation between some variables is reported as significant with asterisks. However, it would be beneficial to explicitly mention the significance levels (e.g., $p < 0.01$, $p < 0.05$) in the table's footnotes to improve clarity.

The paragraph on multicollinearity (Table 3) mentions that "No multicollinearity was observed," but it might be useful to include the specific tolerance and VIF values in the text to support this statement.

When discussing the fit indices (PCFI, PNFI, etc.), it would be helpful to briefly explain what each index represents and why the chosen thresholds indicate a good model fit. This can assist readers in understanding the relevance of these values.

The statement "Social anxiety may also increase unhealthy behaviors such as emotional eating or consuming unhealthy foods as a way to cope with stress" could be strengthened by citing specific studies that have demonstrated this behavior pattern, particularly in the context of obesity.

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

The term "health-oriented lifestyle" is used frequently throughout the paper. Consider providing a more nuanced definition earlier in the paper to avoid potential ambiguity. Clarifying this in the introduction can help set a clearer foundation for the study.

The sampling method is described as "convenience sampling," which could introduce bias. It might be worth discussing this limitation more explicitly in the discussion section and considering alternative sampling methods for future research.

The paragraph mentions that the Social Physique Anxiety Scale by Hart et al. (1989) was used. However, it would be beneficial to briefly explain why this specific scale was chosen over other available scales, such as its relevance to the study's population or its psychometric properties.

The discussion on the negative impact of social anxiety on body esteem would benefit from a more detailed exploration of potential mechanisms. For instance, how does the fear of negative evaluation specifically lead to lower body esteem? Including a theoretical framework could deepen this discussion.

The positive relationship between body esteem and a health-oriented lifestyle is well-presented, but the paragraph could be enhanced by discussing any potential reverse causality—whether engaging in a health-oriented lifestyle could also improve body esteem over time.

The mediation analysis results are compelling, but the section would benefit from a brief discussion on potential alternative mediators that could influence the relationship between social anxiety and a health-oriented lifestyle, broadening the scope of the implications.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.