



PEER-REVIEW REPORT

Name of journal: World Journal of Clinical Cases

Manuscript NO: 38970

Title: Combined exercise improves gastrointestinal motility in psychiatric in patients

Reviewer's code: 00055041

Reviewer's country: Italy

Science editor: Ze-Mao Gong

Date sent for review: 2018-03-29

Date reviewed: 2018-04-05

Review time: 7 Days

SCIENTIFIC QUALITY	LANGUAGE QUALITY	CONCLUSION	PEER-REVIEWER STATEMENTS
<input type="checkbox"/> Grade A: Excellent	<input type="checkbox"/> Grade A: Priority publishing	<input type="checkbox"/> Accept	Peer-Review:
<input type="checkbox"/> Grade B: Very good	<input checked="" type="checkbox"/> Grade B: Minor language	(High priority)	<input checked="" type="checkbox"/> Anonymous
<input checked="" type="checkbox"/> Grade C: Good	polishing	<input checked="" type="checkbox"/> Accept	<input type="checkbox"/> Onymous
<input type="checkbox"/> Grade D: Fair	<input type="checkbox"/> Grade C: A great deal of	(General priority)	Peer-reviewer's expertise on the
<input type="checkbox"/> Grade E: Do not	language polishing	<input type="checkbox"/> Minor revision	topic of the manuscript:
publish	<input type="checkbox"/> Grade D: Rejection	<input type="checkbox"/> Major revision	<input type="checkbox"/> Advanced
		<input type="checkbox"/> Rejection	<input type="checkbox"/> General
			<input type="checkbox"/> No expertise
			Conflicts-of-Interest:
			<input type="checkbox"/> Yes
			<input type="checkbox"/> No

SPECIFIC COMMENTS TO AUTHORS

The paper is interesting. I suggest accepting it for publication

INITIAL REVIEW OF THE MANUSCRIPT

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PEER-REVIEW REPORT

Name of journal: World Journal of Clinical Cases

Manuscript NO: 38970

Title: Combined exercise improves gastrointestinal motility in psychiatric in patients

Reviewer’s code: 00055107

Reviewer’s country: Spain

Science editor: Ze-Mao Gong

Date sent for review: 2018-03-29

Date reviewed: 2018-04-05

Review time: 7 Days

SCIENTIFIC QUALITY	LANGUAGE QUALITY	CONCLUSION	PEER-REVIEWER STATEMENTS
<input type="checkbox"/> Grade A: Excellent	<input checked="" type="checkbox"/> Grade A: Priority publishing	<input type="checkbox"/> Accept	Peer-Review:
<input type="checkbox"/> Grade B: Very good	<input type="checkbox"/> Grade B: Minor language polishing	(High priority)	<input checked="" type="checkbox"/> Anonymous
<input checked="" type="checkbox"/> Grade C: Good		<input type="checkbox"/> Accept	<input type="checkbox"/> Onymous
<input type="checkbox"/> Grade D: Fair	<input type="checkbox"/> Grade C: A great deal of language polishing	(General priority)	Peer-reviewer’s expertise on the topic of the manuscript:
<input type="checkbox"/> Grade E: Do not publish	<input type="checkbox"/> Grade D: Rejection	<input checked="" type="checkbox"/> Minor revision	<input type="checkbox"/> Advanced
		<input type="checkbox"/> Major revision	<input type="checkbox"/> General
		<input type="checkbox"/> Rejection	<input type="checkbox"/> No expertise
			Conflicts-of-Interest:
			<input type="checkbox"/> Yes
			<input type="checkbox"/> No

SPECIFIC COMMENTS TO AUTHORS

This paper describes the beneficial effects of a combined exercise program in patients with mental illness. Authors measured several physical characteristics such as body mass index or blood pressure; they studied measurement of fitness as grip strength and leg strength, and measured the colonic transit. The results showed that exercise



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improves leg strength and increases the colon transit, suggesting that exercise can be useful to prevent constipation in schizophrenia patients subjected to long-term hospitalization. This is an interesting and a well carried work but I consider that authors should correct some minor points. There are two questions in the statistical analysis that in my opinion they are not enough clear: Authors stated in the Methods section: "Changes in fitness and segmental colon transit time pre- and post-exercise training were assessed by two-way repeated ANOVA". Thus, in this study, several comparison can be establishes and the corresponding P values can be obtained: (1) "pre" vs. "post" in the "Combined exercise" group, (2) "pre" vs. "post" in the "Control" group, (3) "pre" in the "Combined exercise" group vs. "pre" in the "Control" group, and (4) "post" in the "Combined exercise" group vs. "post" in the "Control" group. However, in tables only one P value is given. Correspond this P value to the last (4) option? If so, please, specify it in the legends of the tables. In the text of results, authors compare data of colonic transit time obtained before exercise and after exercise: "In contrast, in the control group, only the RCTT (13.1 ± 10.4 VS 10.9 ± 18.7) and LCTT (19.2 ± 19.0 VS 16.9 ± 19.8) were decreased, while the RSCTT (15.0 ± 14.4 VS 19.3 ± 30.3) increased". Why the P values from these comparisons are not given in the text? In the Discussion section, authors stated: "Although significant differences in the colon transit time of each segment were not observed, the TCTT was confirmed to be significantly reduced in the exercise group compared to the control group". In the "Combined exercise" group from Table 3 can be clearly observed that recto-sigmoid colon transit time is significantly lower in post-exercise vs. pre-exercise. Thus, the statement in the Discussion sections should be rewritten.

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