

## PEER-REVIEW REPORT

**Name of journal:** *World Journal of Cardiology*

**Manuscript NO:** 85787

**Title:** Effects of time-restricted eating with different eating duration on anthropometrics and cardiometabolic health: A systematic review and meta-analysis.

**Provenance and peer review:** Unsolicited Manuscript; Externally peer reviewed

**Peer-review model:** Single blind

**Reviewer's code:** 05125057

**Position:** Peer Reviewer

**Academic degree:** MSc, PhD

**Professional title:** Assistant Professor

**Reviewer's Country/Territory:** Croatia

**Author's Country/Territory:** Malaysia

**Manuscript submission date:** 2023-05-18

**Reviewer chosen by:** AI Technique

**Reviewer accepted review:** 2023-05-26 06:32

**Reviewer performed review:** 2023-05-28 17:52

**Review time:** 2 Days and 11 Hours

Scientific quality	<input type="checkbox"/> Grade A: Excellent <input checked="" type="checkbox"/> Grade B: Very good <input type="checkbox"/> Grade C: Good <input type="checkbox"/> Grade D: Fair <input type="checkbox"/> Grade E: Do not publish
Novelty of this manuscript	<input checked="" type="checkbox"/> Grade A: Excellent <input type="checkbox"/> Grade B: Good <input type="checkbox"/> Grade C: Fair <input type="checkbox"/> Grade D: No novelty
Creativity or innovation of this manuscript	<input checked="" type="checkbox"/> Grade A: Excellent <input type="checkbox"/> Grade B: Good <input type="checkbox"/> Grade C: Fair <input type="checkbox"/> Grade D: No creativity or innovation

<b>Scientific significance of the conclusion in this manuscript</b>	<input type="checkbox"/> Grade A: Excellent <input checked="" type="checkbox"/> Grade B: Good <input type="checkbox"/> Grade C: Fair <input type="checkbox"/> Grade D: No scientific significance
<b>Language quality</b>	<input type="checkbox"/> Grade A: Priority publishing <input checked="" type="checkbox"/> Grade B: Minor language polishing <input type="checkbox"/> Grade C: A great deal of language polishing <input type="checkbox"/> Grade D: Rejection
<b>Conclusion</b>	<input type="checkbox"/> Accept (High priority) <input type="checkbox"/> Accept (General priority) <input checked="" type="checkbox"/> Minor revision <input type="checkbox"/> Major revision <input type="checkbox"/> Rejection
<b>Re-review</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Peer-reviewer statements</b>	Peer-Review: <input checked="" type="checkbox"/> Anonymous <input type="checkbox"/> Onymous
	Conflicts-of-Interest: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No

## SPECIFIC COMMENTS TO AUTHORS

The manuscript by Zaman and colleagues is interesting and summarizes all previous research on time-restricted eating in obese people and the benefits of TRE. This research has shown that TRE has a positive effect on the health of overweight and obese people and that shorter eating times have better and more significant health effects than longer times. Overall, the manuscript is well-written, and the conclusion supports the findings of this meta-analysis. However, certain corrections are required before the manuscript is accepted for publication, and these are listed in the order in which they appear in the manuscript. Abstract: AIM is not an abbreviation but a word; periods may not be written after each letter. This applies to all abbreviations in the abstract and throughout the manuscript, which must be written without a period after each letter (R.T.C. - should be RTC). Correct other abbreviations (DALYs, CER, BMI, TC, RXT, NRCT, AMPK, ARNT, BMAL, ROR, AMP, DNA, BDNF, TEF). Figure 1 states that 15 studies are included but 16 reports, whereas the beginning of the Discussion states that 16 articles from 15 studies are included. The authors should explain this. Table 1 lists two references for the same data: Chow et al., 2020 [55], Lobene et al., 2021, but the Lobene et



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al. article is missing from the references list at the end of the manuscript. Standardized mean differences were used for the overall effect of TRE on total fat mass and insulin, whereas mean differences were used in all other cases. Why is this the case? Please explain the difference. In the subgroup analysis for the TRE intervention of the outcome between four and six hours, it is written that there is no statistically significant change for lean body mass. However, there was a p-value of 0.01, which means a statistically significant difference. Therefore, it is necessary to correct this in the manuscript's text. The first sentence of HOMA-IR should be worded more clearly because it states, 'seven studies showed reported no significant...'. The subgroup analysis for the TRE intervention of the outcome between seven and nine hours states that there is no statistically significant change in LDL cholesterol. However, a p-value of 0.02 was found, indicating a statistically significant difference. Therefore, it is necessary to correct this in the text.

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Novelty of this manuscript	<input type="checkbox"/> Grade A: Excellent <input checked="" type="checkbox"/> Grade B: Good <input type="checkbox"/> Grade C: Fair <input type="checkbox"/> Grade D: No novelty
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<b>Language quality</b>	<input type="checkbox"/> Grade A: Priority publishing <input checked="" type="checkbox"/> Grade B: Minor language polishing <input type="checkbox"/> Grade C: A great deal of language polishing <input type="checkbox"/> Grade D: Rejection
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<b>Re-review</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Peer-reviewer statements</b>	Peer-Review: <input checked="" type="checkbox"/> Anonymous <input type="checkbox"/> Onymous
	Conflicts-of-Interest: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No

#### SPECIFIC COMMENTS TO AUTHORS

This article is well written and there are few flaws in the introduction and long discussion. Congratulations to the authors for a good and flawless research. Just the introduction and the discussion will be shorter.