

Dear Editor and Reviewers,

I would like to express my gratitude for your suggestions for our manuscript. The comments are very helpful for improving our paper. We have made modifications according to the peer reviews' suggestions and gave a point-by-point reply to the suggestions of Reviewer #1 (no critical comments were made by Reviewer #2). All the changes are highlighted in yellow in the highlighted-manuscript version. Additionally, we have updated the format of the manuscript under the guidance of the steps outlined in the e-mails. As to the language quality, we selected an editing service provided by the institution you recommended. Wish our revision can meet your requirements. Should there be any further suggestions, please do not hesitate to contact us.

Name of journal: *World Journal of Psychiatry*

Manuscript NO: 77609

Title of the Manuscript: Beneficial for Mental Health, Exercise More or Less?

Reviewer#1:

Scientific Quality: Grade B (Very good)

Language Quality: Grade A (Priority publishing)

Conclusion: Accept (High priority)

Specific Comments to Authors:

Dear author: I must congratulate you on this piece of writing to the editor of the magazine. The pandemic has been a very hard time in contemporary history and has challenged all of us for the duration of the confinement. Your writing perfectly reflects the situation experienced and the psychological disorders that may have resulted from it, as well as noting that exercise is beneficial, as always, all in good measure. To mention one contribution, I think you should talk about the increase in suicide or attempted suicide among the world's population at this time. I think the pandemic is wreaking

havoc on a large part of the population and I would like to see a few lines in your manuscript in this regard. Best regards.

Authors' Response:

Dear Professor: Thank you very much for taking the time to review this manuscript. We truly appreciate your important and constructive suggestions.

We have accepted the corrections you made in our manuscript and highlighted the revisions. As you mentioned in the review," the increase in suicide or attempted suicide among the world's population at this time". With your important guidance, we have further studied relevant papers and expounded in this regard. Two references were added to support the illustration.

- 4 Moutier C. *Suicide Prevention in the COVID-19 Era: Transforming Threat Into Opportunity*. *Jama Psychiat* 2020 [PMID: 33064124 DOI: 10.1001/jamapsychiatry.2020.3746]
- 5 Demenech LM, Neiva-Silva L, Brignol SMS, Marcon SR, Lemos SM, Tassitano RM, Dumith SC. *Suicide risk among undergraduate students in Brazil in the periods before and during the COVID-19 pandemic: Results of the SABES-Grad national survey*. *Psychol Med* 2022; 1-31 [PMID: 35698864 DOI: 10.1017/S0033291722001933]

Reviewer#2:

Scientific Quality: Grade A (Excellent)

Language Quality: Grade A (Priority publishing)

Conclusion: Accept (High priority)

Specific Comments to Authors: Regular physical activities may improve mental health by reducing inflammatory responses during the pandemic while overtraining or prolonged exercise training may induce possible mental disorders adversely. Keywords: Physical activity; Exercise; Mental health; Runners high. Core Tip: Several empirical studies have provided more evidence supporting the opinion that the COVID-19 pandemic may lead to deleterious effects on physical and mental well-being. Those who exercise

frequently before COVID-19, such as professional athletes, may suffer from more imbalance, which is as uncomfortable as withdrawal symptoms. Further research should focus on those groups with higher physical activity levels. Therefore, I accept that paper to be published in your journal.

Authors' Response:

Dear Professor: Truly appreciated for your encouraged feedback. No replies required.

Science editor:

Specific Comments to Authors: The manuscript has been peer-reviewed, and it's ready for the first decision.

Language Quality: Grade A (Priority publishing)

Scientific Quality: Grade B (Very good)

Authors' Response:

Dear Editor: Thank you very much for taking time to review this manuscript.

Company editor-in-chief:

Specific Comments to Authors: I have reviewed the Peer-Review Report, the full text of the manuscript, the relevant ethics documents, and the English Language Certificate, all of which have met the basic publishing requirements of the World Journal of Psychiatry, and the manuscript is conditionally accepted. I have sent the manuscript to the author(s) for its revision according to the Peer-Review Report, Editorial Office's comments and the Criteria for Manuscript Revision by Authors. Before final acceptance, when revising the manuscript, the author must supplement and improve the highlights of the latest cutting-edge research results, thereby further improving the content of the manuscript. To this end, authors are advised to apply a new tool, the Reference Citation Analysis (RCA). RCA is an artificial intelligence technology-based open multidisciplinary citation analysis database. In it, upon obtaining search results from the keywords entered by the author,

"Impact Index Per Article" under "Ranked by" should be selected to find the latest highlight articles, which can then be used to further improve an article under preparation/peer-review/revision. Please visit our RCA database for more information at: <https://www.referencecitationanalysis.com/>

Dear Professor Lian-Sheng Ma: Thank you for your remarkable response letter and the reviewers' comments concerning our manuscript.

Authors' Response:

Dear Professor: Thank you very much for reviewing the manuscript. We have used the tool you recommended, the Reference Citation Analysis (RCA), to make supplement of the latest cutting-edge research results. The citation analysis database has numerous sufficient articles for researchers and is user-friendly to apply with its clear and surface. We will use it frequently and recommend it to peers in the future.

Language quality:

We have attempted to improve our language quality with the help of an editing service provided by the institution you recommended.