

## PEER-REVIEW REPORT

**Name of journal:** *World Journal of Gastroenterology*

**Manuscript NO:** 87571

**Title:** Inflammatory bowel diseases patients suffer from significant low levels and barriers to physical activity: The “BE-FIT-IBD” study

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

**Peer-review model:** Single blind

**Reviewer's code:** 00503405

**Position:** Editorial Board

**Academic degree:** MD, PhD

**Professional title:** Senior Lecturer, Senior Scientist

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

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

**Manuscript submission date:** 2023-08-16

**Reviewer chosen by:** Yu-Lu Chen

**Reviewer accepted review:** 2023-09-08 06:00

**Reviewer performed review:** 2023-09-08 06:54

**Review time:** 1 Hour

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 Grade E: Do not publish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 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
Creativity or innovation 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 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 checked="" type="checkbox"/> Grade A: Priority publishing <input 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 type="checkbox"/> Yes <input checked="" 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

In this cross-sectional observational study, the authors investigated physical activity among groups of IBD patients using a self-report questionnaire. Physical activity levels were compared with disease activity and patient demographics. It was found that IBD patients have a fundamentally lower physical activity level, and that this is mainly due to patients' fears that physical activity will worsen their condition. Patients without dyslipidaemia or on biologic therapy also showed better IPAQ scores in moderate activities. The study is well-designed and well-presented and has assessed a very important issue. Mild to moderate levels of physical activity appear to be essential for people with chronic inflammatory disease and in no way worsen the condition of patients. The questionnaire used (IPAQ) certainly seems to be suitable for assessing physical activity in IBD patients. I agree with the authors that the discussion of the need for and possibilities of physical activity should be part of the medical visit for patients with IBD. The results of this study should be considered primary results and could certainly form the basis for a larger case-control study. The statistical methods used are appropriate. The visual presentation of the results is appropriate. The use of English is

also appropriate. One minor comment: at the end of the discussion, it might be worth devoting a short chapter to the biological ways in which exercise can help reduce inflammation. I suggest accepting the manuscript for publication after a minor revision.

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

**Peer-review model:** Single blind

**Reviewer's code:** 05382317

**Position:** Peer Reviewer

**Academic degree:** FRCS (Hon), MD

**Professional title:** Doctor, Surgeon

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

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

**Manuscript submission date:** 2023-08-16

**Reviewer chosen by:** Yu-Lu Chen

**Reviewer accepted review:** 2023-09-25 07:38

**Reviewer performed review:** 2023-10-04 16:59

**Review time:** 9 Days and 9 Hours

Scientific quality	<input type="checkbox"/> Grade A: Excellent <input type="checkbox"/> Grade B: Very good <input checked="" type="checkbox"/> Grade C: Good <input type="checkbox"/> Grade D: Fair <input type="checkbox"/> Grade E: Do not publish
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
<b>Conclusion</b>	<input type="checkbox"/> Accept (High priority) <input checked="" type="checkbox"/> Accept (General priority) <input 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

This study investigated PA levels and barriers in a southern Italian IBD population. The results suggested that IBD southern Italian patients appeared to be physically inactive and may be exposed to all complications of not performing regular PA. This appeared to be influenced by patients' perceptions of PA's impact on underlining IBD. Emphasis was placed on the use of validated and feasible questionnaires as a strategy to measure patient-reported PA levels and gain an initial understanding of which patients have inadequate PA levels. Further studies require multicentre and prospective design to confirm these findings.