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## RESPONSES TO REVIEWERS



April 20, 2018

Dear Editor,

Please find enclosed the edited manuscript in Word format (file name: 38970-review.doc).

**Name of journal:** World Journal of Clinical Cases

**Manuscript NO.:** 38970

**Column:** Clinical Trials Study

**Title:** Combined exercise improves gastrointestinal motility in psychiatric in-patients

**Authors:** Bong Kil Song, Hee Soo Kim, Jung Woo Oh, On Lee, Joon-Sik Kim and Yeon Soo Kim

**Correspondence to:** Yeon Soo Kim, MD, PhD, Academic Research, Doctor, Health and Exercise Science Laboratory, Institute of Sports Science, Health and Exercise Science Laboratory, Institute of Sports Science, Seoul National University, 71-1 408, Kwanak-ro 1, Kwanakgu, Seoul 151-742, South Korea, Seoul 08826, South Korea. kys0101@snu.ac.kr

**Reviewer code:** 00055041, and 00055107

The manuscript has been improved according to the reviewers' suggestions.

# 1 **Reviewer's code:** 00055041

COMMENTS TO AUTHORS

The paper is interesting. I suggest accepting it for publication

**Answer:** Thanks for your recommendation.



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# 2 Reviewer's code: 00055107

#### 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 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.

**Answer: We made the suggested corrections (see blue font in the revised table legends).**

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 ( $13.1 \pm 10.4$  VS  $10.9 \pm 18.7$ ) and LCTT ( $19.2 \pm 19.0$  VS  $16.9 \pm 19.8$ ) were decreased, while the RSCTT ( $15.0 \pm 14.4$  VS  $19.3 \pm 30.3$ ) increased". Why the P values from these comparisons are not given in the text?

**Answer: We made the suggested corrections (see blue font in the revised manuscript).**

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.

**Answer: We made the suggested corrections (see blue font in the revised manuscript).**



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Thank you for publishing our manuscript in the *World Journal of Clinical Cases*.

송봉길

Sincerely yours,

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