



## PEER-REVIEW REPORT

**Name of journal:** *World Journal of Diabetes*

**Manuscript NO:** 81841

**Title:** Exercise interventions for patients with type 1 diabetes mellitus: A narrative review with practical recommendations

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

**Peer-review model:** Single blind

**Reviewer's code:** 06458997

**Position:** Peer Reviewer

**Academic degree:** PhD

**Professional title:** Researcher

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

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

**Manuscript submission date:** 2022-12-19

**Reviewer chosen by:** AI Technique

**Reviewer accepted review:** 2022-12-20 02:48

**Reviewer performed review:** 2022-12-20 03:22

**Review time:** 1 Hour

<b>Scientific quality</b>	<input checked="" type="checkbox"/> Grade A: Excellent <input 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 Grade E: Do not publish
<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 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 type="checkbox"/> Yes <input checked="" type="checkbox"/> No



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<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**

I would like to thank the authors for writing a very important and interesting article. The authors of this article have exhaustively searched the scientific literature for a complete presentation that correctly informs the reader about strategies to motivate people with T1DM to exercise and adhere to a training program. In addition, in my opinion, the English language is correct, clear and understandable throughout the manuscript. In general, the manuscript is well structured despite some comments. I have a suggestion that could improve the manuscript: - Is it possible to add some figure in the sections describing the relationship between different types of physical exercise and T1DM in order to enhance the readability for the reader?



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**Reviewer's code:** 05229914

**Position:** Editorial Board

**Academic degree:** MD, PhD

**Professional title:** Chairman, Chief Doctor, Director

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

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

**Manuscript submission date:** 2022-12-19

**Reviewer chosen by:** AI Technique

**Reviewer accepted review:** 2022-12-20 03:10

**Reviewer performed review:** 2022-12-25 05:12

**Review time:** 5 Days and 2 Hours

<b>Scientific quality</b>	<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
<b>Language quality</b>	<input type="checkbox"/> Grade A: Priority publishing <input type="checkbox"/> Grade B: Minor language polishing <input checked="" 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 type="checkbox"/> Minor revision <input checked="" 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 type="checkbox"/> ] Anonymous [ <input checked="" type="checkbox"/> ] Onymous
	Conflicts-of-Interest: [ <input checked="" type="checkbox"/> ] Yes [ <input type="checkbox"/> ] No

### **SPECIFIC COMMENTS TO AUTHORS**

This is a good review on an important subject. The benefits of exercise can never be underscored enough, thus is it important to provide continuous reminders for the medical professionals to aid them in their endeavor to convince and motivate T1DM patients to adhere too exercise training programs. Moreover, the value of HIIT and resistance exercise has recently been increasingly appreciated and needs continuous mention. In all the above, the review is complete. I missed the discussion on CGM, a valuable tool in T1DM and of great help in T1DM continuous monitoring of blood sugar while exercising. The use of insulin pumps, alone or in tandem with CGM, needs also to be addressed. It is important that CGM is discussed. The review needs substantial restructuring within the specific parts, aerobic, especially HIIT, and resistance. The language is not good. Please entrust a professional editor. I tried to correct, up to a point.



## RE-REVIEW REPORT OF REVISED MANUSCRIPT

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**Reviewer's code:** 05229914

**Position:** Editorial Board

**Academic degree:** MD, PhD

**Professional title:** Chairman, Chief Doctor, Director

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

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

**Manuscript submission date:** 2022-12-19

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

**Reviewer accepted review:** 2023-03-14 19:04

**Reviewer performed review:** 2023-03-14 19:48

**Review time:** 1 Hour

<b>Scientific quality</b>	<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
<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>Peer-reviewer</b>	Peer-Review: <input type="checkbox"/> Anonymous <input checked="" type="checkbox"/> Onymous



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statements

Conflicts-of-Interest: [ ] Yes [Y] No

#### **SPECIFIC COMMENTS TO AUTHORS**

Much improved. I only have a few linguistic correction. Please consider. If accepted, I am happy to recommend acceptance. In table only one period was missing (Execution velocity at a given load.). Rest is ok.