

PEER-REVIEW REPORT

Name of journal: *World Journal of Gastroenterology*

Manuscript NO: 87195

Title: Scoping review on health-related physical fitness in patients with inflammatory bowel disease: Assessment, interventions, and future directions

Provenance and peer review: Unsolicited Manuscript; Externally peer reviewed

Peer-review model: Single blind

Reviewer's code: 03372482

Position: Editorial Board

Academic degree: MD, PhD

Professional title: Academic Research, Assistant Professor, Associate Professor

Reviewer's Country/Territory: Egypt

Author's Country/Territory: Netherlands

Manuscript submission date: 2023-07-28

Reviewer chosen by: AI Technique

Reviewer accepted review: 2023-07-30 07:04

Reviewer performed review: 2023-07-30 07:11

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 Grade E: Do not publish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

Scientific significance of the conclusion in 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 scientific significance
Language quality	<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
Conclusion	<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
Re-review	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Peer-reviewer statements	Peer-Review: <input type="checkbox"/> Anonymous <input checked="" type="checkbox"/> Onymous
	Conflicts-of-Interest: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No

SPECIFIC COMMENTS TO AUTHORS

Reaching the STRIDE-II therapeutic targets for inflammatory bowel disease (IBD) requires an interdisciplinary approach. Lifestyle interventions focusing on enhancing and preserving health-related physical fitness (HRPF) may aid in improving subjective health, decreasing disability, or even controlling inflammation. However, ambiguity remains about the status and impact of HRPF (i.e., body composition, cardiorespiratory fitness, muscular strength, muscular endurance, and flexibility) in IBD patients, hindering the development of physical activity and physical exercise training guidelines.

AIMS To review HRPF components in IBD patients and the impact of physical activity and physical exercise training interventions on HRPF. **METHODS** A systematic search in multiple databases was conducted for original studies that included patients with IBD, assessed one or more HRPF components, and/or evaluated physical activity or physical exercise training interventions. **RESULTS** Sixty-eight articles were included. No study examined the complete concept of HRPF, and considerable heterogeneity existed in assessment methods, with frequent use of non-validated tests. According to studies that used gold standard tests, cardiorespiratory fitness seemed to be reduced, but findings on



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muscular strength and endurance were inconsistent. A limited number of studies that evaluated physical activity or physical exercise training interventions reported effects on HRPf, overall showing a positive impact. **CONCLUSION** This review revealed a gap in the literature regarding the accurate assessment of HRPf in patients with IBD and highlighted important methodological limitations of studies that evaluated physical activity or physical exercise training interventions. Future well-designed studies are required to determine the optimal training paradigm for improving HRPf in patients with IBD before guidelines can be developed and integrated into the therapeutic strategy.

In General: it's a good paper and the subject of the manuscript is applicable and useful.

Title: the title properly explains the purpose and objective of the article **Abstract:** abstract contains an appropriate summary for the article, the language used in the abstract is easy to read and understand, and there are no suggestions for improvement.

Introduction: authors do provide adequate background on the topic and reason for this article and describe what the authors hoped to achieve. **MATERIALS AND METHODS:**

- The variables selected for the study are described clearly and are appropriate, given the nature of the question asked.
- The research design is described in detail.
- The research design is appropriate and does not contain particular weaknesses.
- The measurement instrument, including its psychometric qualities, is described clearly.
- The population of interest and the sampling procedure are defined clearly.
- The data collection procedure is clearly described.
- The setting in which the study took place is described.
- The data analysis procedures are stated in precise terms.
- The data analysis procedures are appropriate.

Results: the results are presented clearly, the authors provide accurate research results, and there is sufficient evidence for each result, Specific data accompany the result statement, and Tables and figures are used efficiently.

Conclusion: in general: Good and the research provides sample data for the authors to make their conclusion. **Grammar:** There are a lot of grammatical errors. This must be



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taken care of and addressed. . (Check The Paper Comments).

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Reviewer's code: 03067229

Position: Peer Reviewer

Academic degree: DSc

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Author's Country/Territory: Netherlands

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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
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Re-review	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Peer-reviewer statements	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 article is very interesting. Analyzed a large number of studies. There are no comments on the methodology.