

## PEER-REVIEW REPORT

**Name of journal:** *World Journal of Psychiatry*

**Manuscript NO:** 89937

**Title:** Unlocking the Power of Physical Activity in Easing Psychological Distress

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

**Peer-review model:** Single blind

**Reviewer's code:** 00054672

**Position:** Editorial Board

**Academic degree:** FEBG, MD, PhD

**Professional title:** Associate Professor

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

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

**Manuscript submission date:** 2023-11-17

**Reviewer chosen by:** AI Technique

**Reviewer accepted review:** 2023-12-07 19:17

**Reviewer performed review:** 2023-12-13 19:18

**Review time:** 6 Days

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 Grade E: Do not publish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 checked="" type="checkbox"/> Grade A: Excellent <input 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 checked="" type="checkbox"/> Grade A: Excellent <input 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 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

A nicely written editorial about mental health and physical activity: the authors gave a comprehensive view on a subject and, therefore, it is worth publishing. However, I would suggest to modify the introduction in the way to change the order of the sentences and to start, for example, with ..."In recent years, there has been a proliferation of research on mental health, with an increasing number of scholars emphasizing the important value of mental health. People are increasingly recognizing the significant role of mental health in maintaining global well-being. Mental health is defined as a favorable or normal state of an individual in various psychological aspects and activities. Being in a healthy mental state can help individuals recognize their capabilities, cope with normal life stress, work productively, and contribute to their communities.... An added value to the manuscript would be iconography, which would make it even more appealing to the readers.