

Reviewer #1:

Scientific Quality: Grade C (Good)

Language Quality: Grade B (Minor language polishing)

Conclusion: Minor revision

Specific Comments to Authors: The manuscript written by the authors investigates the influence of physical education on anxiety, depression, and self-esteem among college students. It is well written and highly interesting. The study is well designed and presented with optimal analysis, discussion, tabulation and graphic display of data. Thank you for giving opportunity to review this study. However, the following points must be considered before publication. In my opinion, note that the additional expanded discussions are mandatory. In addition, the Abstract is not good enough and needs to be revised. Need to add some simple background and be more organized.

Reply: Additional extended discussion has been added at the end of the discussion. The background of the abstract has been re-edited, see the article for details.

Reviewer #2:

Scientific Quality: Grade C (Good)

Language Quality: Grade B (Minor language polishing)

Conclusion: Minor revision

Specific Comments to Authors: As an observational study, this article has important scientific significance for guiding the physical education of college students. Mental health has an important influence on the personal development and long-term national planning in young people. In recent years, teenagers have frequent psychological problems, which are closely related to social environment, family relations and education. This study conducted a cross-sectional survey, stratified cluster sampling, included 478 effective questionnaires in the analysis. The demographic characteristics included in the analysis largely represent the college students. The data collection and analysis were carried out with the research scale which is widely used and has practical value. Authors have found that PARS-3 scores were independent influencing factors for anxiety, depression, and low self-esteem, and the amount of physical activity is negatively correlated with anxiety and depression degree and positively correlated with self-esteem degree. In order to better present this study, it is suggested that the authors present a correlation graph.

Reply: Scatter plots have been supplemented with correlations, as shown in Figure 2.