

PEER-REVIEW REPORT

Name of journal: *World Journal of Psychiatry*

Manuscript NO: 68971

Title: Impact of Lockdown Relaxation and Implementation of the Face-covering Policy on Mental Health: A United Kingdom COVID-19 Study

Reviewer's code: 06118694

Position: Peer Reviewer

Academic degree: MD

Professional title: Doctor

Reviewer's Country/Territory: Saudi Arabia

Author's Country/Territory: United Kingdom

Manuscript submission date: 2021-06-17

Reviewer chosen by: AI Technique

Reviewer accepted review: 2021-06-19 13:18

Reviewer performed review: 2021-06-20 21:40

Review time: 1 Day and 8 Hours

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 Grade E: Do not publish
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 checked="" type="checkbox"/> Accept (High priority) <input 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 checked="" type="checkbox"/> Anonymous <input type="checkbox"/> Onymous Conflicts-of-Interest: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No



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SPECIFIC COMMENTS TO AUTHORS

Thank you for the opportunity to review the manuscript titled "Impact of lockdown on mental health: Regression Discontinuity Design approach." The manuscript is generally well-written; Only a handful of minor revisions are recommended before publication. Kindly, find my specific comments as well as minor edits below. Specific comments to authors: 1. The title does not clearly reflect the hypothesis and the main aim of the manuscript. I highly suggest refining the title to reflect the following: --The impact of lockdown relaxation and/or the implementation of the face-covering policy on mental health --Ensure that the title clarifies that the study is conducted in the UK 2.

An introductory sentence is needed in the background section of the abstract. I highly suggest adding a general opening to encapsulate the subject before immediately jumping into the lack of research on the topic. If the word limit was a concern, I suggest simply replacing the first sentence in the abstract with a general opening to briefly introduce the topic to the reader. Additionally, in the results section of the abstract I suggest clarify whether the "introduction of face-covering in public places had" a positive or a negative association. 3. More details are needed to adequately describe the background section, including: --Other than lockdowns and face coverings, clarify what other restrictions were imposed by the UK government Briefly describe some of the economic, health, and public mental health impacts of the pandemic including relevant statistics to further empathize the significance of your research --"To the best of our knowledge, currently there is no research on the impact of face-covering policy on the mental health of the general public" is this statement applicable to the UK? Or worldwide? Please clarify this in the manuscript. --Further explain why face coverings can impact mental health (are you hypothesizing that it is reassuring to the public in protection from the spread of covid?) " It is



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important to understand whether such intervention provides mental health improvements" ----- Minor edits • Some abbreviations are not spelled out when they first appear in the text such as: o RDD (on page 2), UK •

The word "However" on page 11 is missing a comma afterwards

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Name of journal: *World Journal of Psychiatry*

Manuscript NO: 68971

Title: Impact of Lockdown Relaxation and Implementation of the Face-covering Policy on Mental Health: A United Kingdom COVID-19 Study

Reviewer's code: 05824934

Position: Peer Reviewer

Academic degree: MD

Professional title: Doctor

Reviewer's Country/Territory: Singapore

Author's Country/Territory: United Kingdom

Manuscript submission date: 2021-06-17

Reviewer chosen by: AI Technique

Reviewer accepted review: 2021-06-18 13:34

Reviewer performed review: 2021-06-24 06:00

Review time: 5 Days and 16 Hours

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
Language quality	<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
Conclusion	<input type="checkbox"/> Accept (High priority) <input type="checkbox"/> Accept (General priority) <input checked="" type="checkbox"/> Minor revision <input type="checkbox"/> Major revision <input type="checkbox"/> Rejection
Re-review	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
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SPECIFIC COMMENTS TO AUTHORS

This paper investigates the decline of mental health among people in England during the nationwide lockdown period implemented by the UK government in facing the Covid-19 pandemic. The findings in this research are very interesting and informative, and worth to be published. The authors may further discuss how to alleviate the anxiety and distress caused by COVID-19 pandemic in this manuscript. People become anxious and stressful when they experience great uncertainty in facing the SARS-CoV-2 viral infection and the COVID-19 disease. If they understand what is really happening and how to handle the situations to protect themselves, the anxiety and distress will be greatly relieved. Basically, just as most other viral and bacterial infections in humans, SARS-CoV-2 viral infection is self-limiting [1,2]. Yet, nutritional disorders like obesity and diabetes may impair human immunity, causing autoimmune disorder which lead to hyperinflammation (an overload of cytokines) in severe COVID-19 patients [2]. Restrictive eating may be adopted to alleviate the hyperinflammation, as autophagy triggered by restrictive eating [3] might be an efficient approach in preventing COVID-19-related complications. Careless errors: 1. Page 3, line 6, "Further details of the methodology is documented" should be "Further details of the methodology are documented". The following references may be included: 1. Levin BR, Antia R. Why we don't get sick: the within-host population dynamics of bacterial infections. *Science*. 2001;292:1112-1115. 2. Troisi J, Venutolo G, Pujolassos Tanyà M, Delli Carri M, Landolfi A, Fasano A. COVID-19 and the gastrointestinal tract: Source of infection or merely a target of the inflammatory process following SARS-CoV-2 infection? *World J Gastroenterol* 2021; 27(14): 1406-1418. DOI: 10.3748/wjg.v27.i14.1406 3. van Niekerk G, du Toit A, Loos B, Engelbrecht AM (2018) Nutrient excess and autophagic deficiency: explaining metabolic diseases in obesity. *Metabolism* 82:14-21.

<https://doi.org/10.1016/j.metabol.2017.12.007>.