



## PEER-REVIEW REPORT

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

**Manuscript NO:** 75914

**Title:** The underlying reasons for the decline in physical activity during COVID-19

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

**Peer-review model:** Single blind

**Reviewer's code:** 05702710

**Position:** Peer Reviewer

**Academic degree:** MSc, PhD

**Professional title:** Associate Professor

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

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

**Manuscript submission date:** 2022-02-21

**Reviewer chosen by:** AI Technique

**Reviewer accepted review:** 2022-03-14 03:46

**Reviewer performed review:** 2022-03-16 09:16

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

<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 Grade E: Do not publish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 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
<b>Peer-reviewer</b>	Peer-Review: <input checked="" type="checkbox"/> Anonymous <input type="checkbox"/> Onymous



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statements

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

### **SPECIFIC COMMENTS TO AUTHORS**

The article deals on the disease COVID-19, with the light, focused on augmented levels of angiotensin-converting enzyme (ACE-2), physical activities during COVID outbreak and mental health of the people. Topic-related pointers may be summarized as The COVID-19 affects the respiratory system leading to oxygen imbalance in the patients, resulting in muscle weakness and decreased physical activity. During the acute phase, gastrointestinal symptoms are shown by the body. The appetite is lost; thereby, food intake decreases. The glycolysis pathway comes into action to generate ATP, and lactate and creatine phosphate are produced as by-products. Due to their accumulation, patients often feel muscle soreness and weakness, also a reason for decreased physical activity. The article concludes that exercising training for a long time does not indicate good mental well-being, but it may predict developing a mood disorder. The author pointed out that anxiety and depression may affect the various quality of life domains, such as being physically inactive. This shows that physical activity impacts mental health and vice versa. Physical activity and mental health are closely related and mutually affected. This is a concise yet very informative and significantly important article. This manuscript is eligible for publication in the journal.



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**Reviewer's code:** 05820886

**Position:** Peer Reviewer

**Academic degree:** MD, PhD

**Professional title:** Attending Doctor, Lecturer

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

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

**Manuscript submission date:** 2022-02-21

**Reviewer chosen by:** AI Technique

**Reviewer accepted review:** 2022-03-17 09:44

**Reviewer performed review:** 2022-03-17 09:48

**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
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Thanks for responding to the paper. The comments are valid and should be incorporated.