

PEER-REVIEW REPORT

Name of journal: *World Journal of Psychiatry*

Manuscript NO: 77609

Title: Beneficial for Mental Health, Exercise More or Less?

Provenance and peer review: Unsolicited Manuscript; Externally peer reviewed

Peer-review model: Single blind

Reviewer's code: 05866874

Position: Peer Reviewer

Academic degree: PhD

Professional title: Physiotherapist, Professor, Senior Lecturer

Reviewer's Country/Territory: Spain

Author's Country/Territory: China

Manuscript submission date: 2022-05-09

Reviewer chosen by: AI Technique

Reviewer accepted review: 2022-05-16 07:15

Reviewer performed review: 2022-05-16 20:10

Review time: 12 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 Grade E: Do not publish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 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 type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Peer-reviewer	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

Dear author: I must congratulate you on this piece of writing to the editor of the magazine. The pandemic has been a very hard time in contemporary history and has challenged all of us for the duration of the confinement. Your writing perfectly reflects the situation experienced and the psychological disorders that may have resulted from it, as well as noting that exercise is beneficial, as always, all in good measure. To mention one contribution, I think you should talk about the increase in suicide or attempted suicide among the world's population at this time. I think the pandemic is wreaking havoc on a large part of the population and I would like to see a few lines in your manuscript in this regard. Best regards.

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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: China

Manuscript submission date: 2022-05-09

Reviewer chosen by: AI Technique

Reviewer accepted review: 2022-05-30 07:03

Reviewer performed review: 2022-05-30 07:19

Review time: 1 Hour

Scientific quality	<input checked="" type="radio"/> Grade A: Excellent <input type="radio"/> Grade B: Very good <input type="radio"/> Grade C: Good <input type="radio"/> Grade D: Fair <input type="radio"/> Grade E: Do not publish
Language quality	<input checked="" type="radio"/> Grade A: Priority publishing <input type="radio"/> Grade B: Minor language polishing <input type="radio"/> Grade C: A great deal of language polishing <input type="radio"/> Grade D: Rejection
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statements

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

SPECIFIC COMMENTS TO AUTHORS

Regular physical activities may improve mental health by reducing inflammatory responses during the pandemic while overtraining or prolonged exercise training may induce possible mental disorders adversely. Keywords: Physical activity; Exercise; Mental health; Runners high. Core Tip: Several empirical studies have provided more evidence supporting the opinion that the COVID-19 pandemic may lead to deleterious effects on physical and mental well-being. Those who exercise frequently before COVID-19, such as professional athletes, may suffer from more imbalance, which is as uncomfortable as withdrawal symptoms. Further research should focus on those groups with higher physical activity levels. Therefore, I accept that paper to be published in your journal