

## PEER-REVIEW REPORT

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

**Manuscript NO:** 83997

**Title:** Study on the effect of exercise prescription teaching on exercise quality and mental health status of college students

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

**Peer-review model:** Single blind

**Reviewer's code:** 06081571

**Position:** Peer Reviewer

**Academic degree:** PhD

**Professional title:** Doctor

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

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

**Manuscript submission date:** 2023-03-06

**Reviewer chosen by:** AI Technique

**Reviewer accepted review:** 2023-03-10 03:26

**Reviewer performed review:** 2023-03-13 02:26

**Review time:** 2 Days and 23 Hours

|   |  |
|---|--|
| Scientific quality                          | <input type="checkbox"/> Grade A: Excellent <input checked="" type="checkbox"/> Grade B: Very good <input type="checkbox"/> Grade C: Good<br><input type="checkbox"/> Grade D: Fair <input type="checkbox"/> Grade E: Do not publish |
| Novelty of this manuscript                  | <input type="checkbox"/> Grade A: Excellent <input checked="" type="checkbox"/> Grade B: Good <input type="checkbox"/> Grade C: Fair<br><input type="checkbox"/> Grade D: No novelty   |
| Creativity or innovation of this manuscript | <input type="checkbox"/> Grade A: Excellent <input checked="" type="checkbox"/> Grade B: Good <input type="checkbox"/> Grade C: Fair<br><input type="checkbox"/> Grade D: No creativity or innovation                                |

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|---|--|
| <b>Scientific significance of the conclusion in this manuscript</b> | <input type="checkbox"/> Grade A: Excellent <input type="checkbox"/> Grade B: Good <input checked="" type="checkbox"/> Grade C: Fair<br><input type="checkbox"/> Grade D: No scientific significance   |
| <b>Language quality</b>   | <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 |
| <b>Conclusion</b>   | <input type="checkbox"/> Accept (High priority) <input checked="" type="checkbox"/> Accept (General priority)<br><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

Dear Sir, I read with interest the manuscript entitled "Study on the effect of exercise prescription teaching on the exercise quality and mental health status of college students". The manuscript is well designed and written. The methods of data analysis are very clear, and the results are presented well. However, some issues have to be addressed: 1. It needs to be clarified in the Methods section of the study that all participants signed an informed consent form and that the study was approved by an ethics committee; 2. Please enrich the contents of the figure. Each small figure needs to be described separately. In addition, please explain the meaning of \* equal symbol in the column diagram; 3. Limitations of the study need to be supplemented; 4. I noted 142 boys and 98 girls in the study. Is there a comparison of exercise prescription teaching between different genders? Please add if relevant results. Thank you for giving the opportunity to review this manuscript. If the author modifies the above, this manuscript can be published.

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

**Peer-review model:** Single blind

**Reviewer's code:** 06520100

**Position:** Peer Reviewer

**Academic degree:** MD, PhD

**Professional title:** Associate Professor, Research Associate, Researcher

**Reviewer's Country/Territory:** United Kingdom

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

**Manuscript submission date:** 2023-03-06

**Reviewer chosen by:** AI Technique

**Reviewer accepted review:** 2023-03-08 03:22

**Reviewer performed review:** 2023-03-14 08:51

**Review time:** 6 Days and 5 Hours

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|---|--|
| Scientific quality                          | <input type="checkbox"/> Grade A: Excellent <input type="checkbox"/> Grade B: Very good <input checked="" type="checkbox"/> Grade C: Good<br><input type="checkbox"/> Grade D: Fair <input type="checkbox"/> Grade E: Do not publish |
| Novelty of this manuscript                  | <input type="checkbox"/> Grade A: Excellent <input checked="" type="checkbox"/> Grade B: Good <input type="checkbox"/> Grade C: Fair<br><input type="checkbox"/> Grade D: No novelty   |
| Creativity or innovation of this manuscript | <input type="checkbox"/> Grade A: Excellent <input checked="" type="checkbox"/> Grade B: Good <input type="checkbox"/> Grade C: Fair<br><input type="checkbox"/> Grade D: No creativity or innovation                                |

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|---|--|
| <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<br><input type="checkbox"/> Grade D: No scientific significance   |
| <b>Language quality</b>   | <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 |
| <b>Conclusion</b>   | <input type="checkbox"/> Accept (High priority) <input type="checkbox"/> Accept (General priority)<br><input checked="" 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

The manuscript analyzed the effect of exercise prescription teaching on the exercise quality and mental health status of college students. The physical condition and psychological and mental health problems of contemporary college students are prominent. Although the idea of the study is not novel enough, however, the manuscript is well written: the title reflects the main subject of the article, abstract and keywords well summarize the arguments. The methodology is described in detail and is well structured. Data were extracted from the exercise quality, body morphology, cardiopulmonary function and mental health status to understand the effects of the exercise prescription teaching mode on students' physical and mental health status. The discussion is well articulated according to results. A point that can be improved in this article is that the authors should clearly underlined the limitations and drawbacks of the manuscript. The manuscript cites appropriately the latest and authoritative references. Reading the manuscript some minor concerns have emerged: • '3.2' on page 12 should be '3.3', and 'as shown in Table 1' in line 12 on page 5 should be 'Table 2', and 'Table 2' in line 3 on page 8 should be 'Table 3'. • It is recommended to add more discussion on

the limitations and drawbacks in the discussion section.