



SDI Review Form 1.6

Journal Name:	British Journal of Applied Science & Technology
Manuscript Number:	Ms_BJAST_26574
Title of the Manuscript:	Long term effect of different exercise intensities on serum cortisol level in osteoarthritis patients.
Type of the Article	Original Research Article

General guideline for Peer Review process:

This journal's peer review policy states that **NO** manuscript should be rejected only on the basis of '**lack of Novelty**', provided the manuscript is scientifically robust and technically sound.

To know the complete guideline for Peer Review process, reviewers are requested to visit this link:

(<http://www.sciencedomain.org/page.php?id=sdi-general-editorial-policy#Peer-Review-Guideline>)



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PART 1: Review Comments

	Reviewer's comment	Author's comment (if agreed with reviewer, correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)
Compulsory REVISION comments	The paper is interesting, which focus on long term effect of different exercise intensity on serum cortisol level among OA subjects. However, I have few queries and suggestions. Introduction 1. Expand on what the literature says about effect of different exercise intensity on serum cortisol level. 2. Please, clearly state the aim(s) of the study in line with your abstract. 3. What is presently stated as aims look like outcome of the study. Methods 1. How did you arrive at sample size? Sample size determination. 2. Was the blood sample collected at the same time period pre and post exercise? State clearly that blood sample was collected by 8:00 am pre and post exercise. 3. WOMAC is an ordinal scale, using paired t-test & t-test will be inappropriate to find differences within and between groups respectively. Think you should use non-parametric test (Wilcoxon & Mann-Whitney U). Consult your biostatistician. Results 1. Tables were repeated in figure. Choose the best; you cannot repeat same results in figure and table. However, figure 2 does not represent your results in words. You may delete figure 2 to avoid confusion (fig.2 was referred to in two separate places). 2. Change the title of table 2 to "Comparison of serum cortisol level within and between groups" 3. Change the title of table 3 to "Comparison of WOMAC scores within and between groups" Discussion	Thank you for your comments. All comments were done into the manuscript 3- Each section of WOMAC give an interval values as described in http://www.rheumatology.org/I-Am-A/Rheumatologist/Research/Clinician-Researchers/Western-Ontario-McMaster-Universities-Osteoarthritis-Index-WOMAC



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	1. The discussion looks like literature review. Detail descriptions of previous studies are not needed in discussion. 2. Discuss the findings in relation with previous studies either in support or disagreement with possible reason(s) for differences or observations. 3. Moderate intensity (45%-60% maxHR) decreased serum cortisol level in your study unlike [13] that increased it. Therefore, it cannot be in support. 4. High intensity (65%-80% maxHR) increased serum cortisol level in your study unlike [15] that decreased it. Check and reconstruct to bring out what you have in mind. 5. You may discuss along these lines of thought: 6. What are the possible mechanisms or physiological rationale for moderate and high intensity aerobic exercise decreasing and increasing serum cortisol respectively? 7. What are the benefits of moderate and high intensity aerobic exercise on OA symptoms (pain, stiffness, reduce function)? References 1. In-text references are not in line with journal style. 2. Check List of references, for when to use “et al”, punctuation of initials of authors, arrangement of authors’ initials.	
<u>Minor</u> REVISION comments	Check entire manuscript for English language and typos and grammar errors.	
<u>Optional/General</u> comments		