

## Review Form 1.6

Journal Name:	Journal of Advances in Medicine and Medical Research
Manuscript Number:	Ms_JAMMR_91967
Title of the Manuscript:	Weight Change Before and After 30 Days of Intermittent Fasting Among University Students in Pakistan
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:

(<https://www.journaljammr.com/index.php/JAMMR/editorial-policy> )

### 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)
<b>Compulsory</b> REVISION comments	<ol style="list-style-type: none"> <li>The study was performed from April to August 2022, which overlapped with the Holly month of Ramadan ( from April 1<sup>st</sup> to May 1<sup>st</sup> 2022) and the author mentioned in the abstract that their students were Muslims. It is not clear if they collected the data only in Ramadan or all through the 4 months. If it is collected in Ramadan It should be mentioned in the title, If through the 4 months, the data collected during Ramadan will make some bias in results because: <ul style="list-style-type: none"> <li>Muslims pattern of food intake usually change in Ramadan by increasing animal fat and protein and including more sugary drinks and desserts.</li> <li>Females in the mentioned age (fertile) never fast all the 30 days of Ramadan as they break fasting during menstruation.</li> <li>Muslims are not allowed to drink water, coffee or tea during fasting as mentioned in the study.</li> <li>Muslims fast in Ramadan from sun dawn to sunset and not from 8pm to 12pm</li> </ul> </li> <li>Underweight students were mentioned as exclusion criteria in the methodology and represented over 30% of the sample in the results???</li> <li>Nothing was mentioned in the results from the predesigned questionnaire except sex and marital status. No data about dietary habits or frequency of intake of any kind of food, social or economic class or level of activity or comorbidities showed in the results.</li> <li>Mentioned in the methodology that students were asked to fill their own weight and height!</li> <li>Nothing mentioned about recording the height in the methodology.</li> <li>Table 2: all numbers are nearly the same for pre and post fasting BMI</li> <li>In the discussion: It is mentioned that the study was carried out during the onset of COVID19 when quarantine was strictly practiced???</li> </ol>	
<b>Minor</b> REVISION comments	Table 1: the sign of > 20 should be reversed	
<b>Optional/General</b> comments		

### PART 2:

	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)
Are there ethical issues in this manuscript?	(If yes, Kindly please write down the ethical issues here in details)	

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**Reviewer Details:**

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