

Review Form 1.7

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| Journal Name: | Asian Journal of Advanced Research and Reports |
| Manuscript Number: | Ms_AJARR_118442 |
| Title of the Manuscript: | ASSOCIATION BETWEEN LEVEL OF PHYSICAL ACTIVITY AND PERCEIVED BARRIERS TO PHYSICAL ACTIVITY AMONG OBESE AND OVERWEIGHT ADULTS ATTENDING GENERAL OUT-PATIENT CLINIC (GOPC), LAGOS UNIVERSITY TEACHING HOSPITAL (LUTH). |
| Type of the 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.journalajarr.com/index.php/AJARR/editorial-policy>)

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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) |
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| <p>Compulsory REVISION comments</p> <p>1. Is the manuscript important for scientific community? (Please write few sentences on this manuscript)</p> <p>2. Is the title of the article suitable? (If not please suggest an alternative title)</p> <p>3. Is the abstract of the article comprehensive?</p> <p>4. Are subsections and structure of the manuscript appropriate?</p> <p>5. Do you think the manuscript is scientifically correct?</p> | <p>The manuscript titled "Association Between Level of Physical Activity and Perceived Barriers to Physical Activity Among Obese and Overweight Adults Attending General Out-Patient Clinic (GOPC), Lagos University Teaching Hospital (LUTH)" holds significant importance for the scientific community. Physical inactivity and obesity are major global health concerns, contributing to a variety of chronic diseases and high mortality rates. By exploring the relationship between physical activity levels and perceived barriers among obese and overweight adults, this study provides valuable insights into the factors hindering physical activity in this population.</p> <p>The findings can inform public health strategies and interventions aimed at increasing physical activity, thereby helping to mitigate the health risks associated with obesity and sedentary lifestyles. Furthermore, the study's recommendations for raising awareness and promoting physical activity are directly applicable to health organizations, NGOs, and healthcare professionals, potentially leading to improved health outcomes in similar settings worldwide.</p> <p>The current title, "Association Between Level of Physical Activity and Perceived Barriers to Physical Activity Among Obese and Overweight Adults Attending General Out-Patient Clinic (GOPC), Lagos University Teaching Hospital (LUTH)," is informative and accurately reflects the study's content. However, it is quite long and could be more concise while still conveying the essential information.</p> <p>Suggested Alternative Title: "Association Between Physical Activity Levels and Perceived Barriers Among Overweight and Obese Adults at Lagos University Teaching Hospital"</p> <p>The abstract of the article is comprehensive and provides a clear overview of the study.</p> <p>The subsections and structure of the manuscript appear to be appropriate for the study presented. However, it would benefit from following the IMRD (Introduction, Methods, Results, and Discussion) format, which is a widely accepted structure for scientific research articles. Here are a few suggestions:</p> <p>Introduction: This section should include a comprehensive literature review. Incorporating the literature review into the introduction can provide better context and background for the study, explaining the significance and rationale behind the research.</p> <p>Methods: Detail the methodology, including participant selection, data collection tools, and analysis methods.</p> <p>Results: Present the findings logically and coherently, using tables and figures where appropriate to enhance clarity.</p> <p>Discussion: Interpret the results, discuss their implications, compare them with previous studies, and suggest future research directions.</p> <p>By adopting the IMRD structure and integrating the literature review into the introduction, the manuscript will become more streamlined and easier for readers to follow.</p> | |

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| <p>6. Are the references sufficient and recent? If you have suggestion of additional references, please mention in the review form.</p> <p><u>(Apart from above mentioned 6 points, reviewers are free to provide additional suggestions/comments)</u></p> | <p>The manuscript appears to be scientifically correct. The study follows a systematic approach by defining clear objectives, using appropriate methods for data collection, and employing statistical analyses to interpret the results.</p> <p>The references provided in the manuscript appear to be relevant to the topic and sufficiently support the study's background and context.</p> <p>Ensure consistency in the terminology, e.g., use either "overweight and obese adults" or "obese and overweight adults" consistently.</p> | |
| <p>Minor REVISION comments</p> <p>1. Is language/English quality of the article suitable for scholarly communications?</p> | <p>Overall, while the language and English quality of the article are suitable for scholarly communication, refining grammar, enhancing clarity, maintaining academic tone, and balancing technical terminology are recommended for further improvement.</p> | |
| <p>Optional/General comments</p> | <p>The manuscript, with the discussed minor improvements, is suitable for acceptance.</p> | |

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) |
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| <p>Are there ethical issues in this manuscript?</p> | <p><u>(If yes, Kindly please write down the ethical issues here in details)</u></p> | |

Reviewer Details:

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| Department, University & Country | India |