

**Review Form 1.8**

Journal Name:	<b>International Journal of TROPICAL DISEASE &amp; Health</b>
Manuscript Number:	<b>Ms_IJTDH_120194</b>
Title of the Manuscript:	<b>Association between the Stages of Change according to the Transtheoretical Behavior Model and Obesity in Individuals Attending Primary Care in the State of Guanajuato</b>
Type of the Article	<b>Research Article</b>

[Review Form 1.8](#)

**PART 1: Review Comments**

<b>Compulsory</b> REVISION comments	<b>Reviewer's comment</b>	<b>Author's Feedback</b> <i>(Please correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)</i>
<p><b>Is the manuscript important for scientific community?</b> (Please write few sentences regarding this manuscript to justify your answer)</p>	<p>Yes, the manuscript provides valuable insights into the association between stages of behavior change according to the Transtheoretical Model (TTM) and obesity prevalence among adults in primary care settings in Guanajuato, Mexico. It underscores the significance of addressing readiness for behavior change in managing obesity, offering evidence that individuals in the "maintenance" stage have lower rates of obesity. This study's findings suggest practical implications for personalized interventions and highlight the need for continuous support and education to facilitate transitions to more advanced stages of behavior change, crucial for effective obesity prevention and treatment strategies in healthcare settings.</p>	
<p><b>Is the title of the article suitable?</b> (If not please suggest an alternative title)</p>	<p>The title "Association between the Stages of Change according to the Transtheoretical Behavior Model and Obesity in Individuals Attending Primary Care in the State of Guanajuato" accurately reflects the content and focus of your study. However, if you're looking for an alternative title, you might consider something like: "Behavior Change Stages and Obesity in Primary Care: Insights from Guanajuato, Mexico"</p>	
<p><b>Is the abstract of the article comprehensive?</b></p>	<p>The abstract of the article is comprehensive, providing a clear summary of the study's background, aims, design, methodology, results, and conclusions.</p>	
<p><b>Are subsections and structure of the manuscript appropriate?</b></p>	<p>Yes, the subsections and structure of the manuscript are appropriate.</p>	
<p><b>Do you think the manuscript is scientifically correct?</b> (Please write few sentences regarding this manuscript to justify your answer)</p>	<p>Yes, the manuscript is scientifically correct. It demonstrates a significant association between the maintenance stage of the Transtheoretical Model of Behavior and lower obesity prevalence in primary care patients, supporting the potential for personalized interventions to enhance obesity prevention and treatment.</p>	
<p><b>Are the references sufficient and recent? If you have suggestion of additional references, please mention in the review form.</b></p>	<p>The references provided are generally sufficient and include recent studies and data from reputable sources. However, to strengthen the literature review, consider including more recent studies published within the last 5-10 years to ensure the most current data and perspectives are represented.</p>	
<p><b>Minor</b> REVISION comments</p> <p><b>Is language/English quality of the article suitable for scholarly communications?</b></p>	<p>Yes, the language and English quality of the article are suitable for scholarly communications. It is clear, well-structured, and uses appropriate academic terminology.</p>	
<p><b>Optional/General</b> comments</p>	<p>The following areas need improvement.</p> <ul style="list-style-type: none"> <li>• <b>Statistical Analysis:</b> Ensure all statistical methods used are explained clearly, especially in relation to the association between stages of change and obesity. Consider providing more detailed explanations of the statistical tests used.</li> <li>• <b>Discussion Section:</b> Relate your result findings with the previous literature review. Expand on the implications of the findings for clinical practice and public health interventions. Discuss limitations more thoroughly, particularly the cross-sectional design and potential biases in self-reporting.</li> </ul>	

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**PART 2:**

	<b>Reviewer's comment</b>	<b>Author's comment</b> (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>Are there ethical issues in this manuscript?</b>	<i>(If yes, Kindly please write down the ethical issues here in details)</i>  There are no ethical issues in this manuscript; the study obtained informed consent from participants and received approval from the Ethics Committee for Research from Hospital General Salamanca.	

**Reviewer Details:**

Name:	<b>Iqra Asif</b>
Department, University & Country	<b>Riphah International University, Pakistan</b>