

Review Form 3

Journal Name:	International Neuropsychiatric Disease Journal
Manuscript Number:	Ms_INDJ_129190
Title of the Manuscript:	The Psychology and Psychopathology of Ultrarunning: Mental Health and Psychiatric Insights into Extreme Endurance Athletes
Type of the Article	Short communication

PART 1: Comments

	Reviewer's comment	Author's Feedback <i>(Please correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)</i>
Please write a few sentences regarding the importance of this manuscript for the scientific community. A minimum of 3-4 sentences may be required for this part.	Ultrarunning is beneficial, especially for cardiovascular endurance. There is moderate to high correlation between physical performance and mental health. The participants often show exceptional intelligence and mental toughness. It is also seen that psychological conditions like anxiety, depression, and obsessive-compulsive disorders are observed.	
Is the title of the article suitable? (If not please suggest an alternative title)	Yes, the title is suitable.	
Is the abstract of the article comprehensive? Do you suggest the addition (or deletion) of some points in this section? Please write your suggestions here.	The abstract is comprehensive. My suggestion is to make the alignment and line spacing proper and to insert important key words.	
Is the manuscript scientifically, correct? Please write here.	Yes, the manuscript is scientifically correct. The findings are observed in the athletes participating in ultra marathons.	
Are the references sufficient and recent? If you have suggestions of additional references, please mention them in the review form.	The references are ok, I would suggest to add few more references.	
Is the language/English quality of the article suitable for scholarly communications?	The language is good, my suggestion is to make sure that the formatting of the text is correct.	
Optional/General comments		

PART 2:

	Reviewer's comment	Author's comment <i>(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)</i>
Are there ethical issues in this manuscript?	<i>(If yes, Kindly please write down the ethical issues here in details)</i>	

Reviewer Details:

Name:	Ashwin Mathew
Department, University & Country	Amrita School of Social and Behavioral Sciences, Amrita Vishwa Vidyapeetham, India