

Peer Review Report

Review Report on Health-related quality of life and adherence to physical activity and screen time recommendations in schoolchildren: longitudinal cohort Ciao Corona

Original Article, Int J Public Health

Reviewer: Teresa Santos

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EVALUATION

Q 1 Please summarize the main findings of the study.

The main findings of the study are: "Adherence to physical activity recommendations dropped in 2020, but returned to pre-pandemic levels by 2022. Fewer children met screen time recommendations in 2020 and 2021 than pre-pandemic. HRQOL reduced 3 points between 2020 and 2022, and was 9.7 points higher (95% CI 3.0 - 16.3) in March 2021 in children who met both recommendations".

These main findings could be written in a more clear way, and using values from the statistical tests, instead of non objective language such as "recommendations dropped...", "fewer children...", "HRQOL reduced 3 points...".

Q 2 Please highlight the limitations and strengths.

Strengths: longitudinal results on HRQOL and lifestyle in a large sample (n = 1769) of children and adolescents during the COVID-19 pandemic.

Limitations: lack of HRQOL data prior to the pandemic, and recall bias as HRQOL, physical activity and screen time were all assessed subjectively using questionnaires.

Q 3 Please provide your detailed review report to the authors. The editors prefer to receive your review structured in major and minor comments. Please consider in your review the methods (statistical methods valid and correctly applied (e.g. sample size, choice of test), is the study replicable based on the method description?), results, data interpretation and references. If there are any objective errors, or if the conclusions are not supported, you should detail your concerns.

Major comments:

The study is pertinent once it has longitudinal data and assessments in a pandemic period were important. However, the results were somehow expected due the COVID restrictions. Other HRQOL-related variables should have been included in the study, to better understand the influences on the HRQOL variability results. The literature review and the methods were valid and correct and ethical considerations were taken into account.

In the discussion section, the implications for public health and further research should be reformulated and more focused on the pandemics. The obtained results should be prospectively connected to future pandemic situations, or, to situations of restrictions for children and adolescents (such as having a chronic disease, for example). In these cases, reinforcement of the physical activity and screen time recommendations needs to be done.

PLEASE COMMENT

Q 4 Is the title appropriate, concise, attractive?

The title is not totally appropriate nor concise and could be more attractive and short. It uses the word "lifestyle recommendations", although the study is only focused on screen time and physical activity variables, and it misses other lifestyle-related variables (such as diet, or sleep, for instance). Thus, the title should be focused on "adherence to physical activity and screen time".

Q 5 Are the keywords appropriate?

Yes

Q 6 Is the English language of sufficient quality?

The English language could be reviewed.

Q 7 Is the quality of the figures and tables satisfactory?

Yes.

Q 8 Does the reference list cover the relevant literature adequately and in an unbiased manner?)

Yes.

QUALITY ASSESSMENT

Q 9 Originality



Q 10 Rigor



Q 11 Significance to the field



Q 12 Interest to a general audience



Q 13 Quality of the writing



Q 14 Overall scientific quality of the study



REVISION LEVEL

Q 15 Please make a recommendation based on your comments:

Minor revisions.