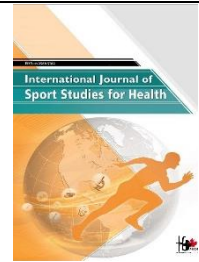


# International Journal of Sport Studies for Health

Journal Homepage



## Psychological Readiness after Injury and Its Impact on Fear of Return and Re-injury in Young Football Players

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E d i t o r	R e v i e w e r s
Özgür Eken Associate Professor, Inonu University, Malatya, Turkey ozgureken86@gmail.com	<b>Reviewer 1:</b> Yaghob Badriazarin Associate Professor of Sport Sciences, Tabriz University, Tabriz, Iran. Email: badriazarin@tbzmed.ac.ir <b>Reviewer 2:</b> Masoud Mirmoezi Department of Physical Education and Sport Sciences, Islamic Azad University, Central Tehran Branch, Tehran, Iran. Email: massoudmirmoezi@live.com

### 1. Round 1

#### 1.1 Reviewer 1

Reviewer:

The claim that "sports injuries... result in high economic costs to health and sports (4-7)" is too general. Please quantify "high economic costs" or cite more recent economic data to support this assertion.

The sentence "Fear of sports injuries can impact an individual's athletic performance..." is impactful but broad. Consider citing recent neurobiological or cognitive evidence to support the link between fear and motor performance disruptions.

Several constructs (e.g., Fear of Re-injury: AVE = 0.348) show AVE < 0.50. While the authors note that CR and AVE can compensate for low loadings, this rationale needs explicit support from sources (e.g., Hair et al., 2021).

The R<sup>2</sup> values (0.523 and 0.498) are moderately strong. However, the model's predictive relevance (Q<sup>2</sup>) is not reported. Consider conducting a blindfolding procedure and reporting Q<sup>2</sup> values for predictive validity.

Figures 1 and 2 lack proper descriptive captions. Replace "Measurement model in the factor load mode" with a more detailed caption, e.g., "Figure 1. Measurement model with factor loadings for psychological readiness, fear of returning, and fear of re-injury."

The phrase "psychological readiness... positively and significantly impacts the fear of returning..." could be misleading since the direction is negative (higher readiness should reduce fear). Revise to "negatively predicts fear" for accuracy.

Author revised the manuscript and uploaded the updated document.

## 1.2 Reviewer 2

Reviewer:

While the fear-avoidance model is well described, there is redundancy in explaining its effects on behavior and pain perception. Consider condensing lines between "this phenomenon intensifies..." and "...maladaptive response" for better conciseness.

The transition from fear-avoidance to cognitive appraisal theory lacks coherence. A bridging sentence explaining the distinction between these models would enhance the logical flow.

The sentence "Given that no research similar to this study has been found..." is too absolute. Instead of claiming complete novelty, frame this as an under-researched or context-specific gap in the Iranian or youth football population.

For the Tampa Scale used, only 6 items are mentioned, which seems inconsistent with the original 17-item version. Please clarify if this is a validated short-form and provide citation or justification for the item selection.

While Gomez-Espejo et al. (68) is cited, there is no direct link made between their model and the current study population (young Iranian football players). Strengthen the contextualization by discussing cultural or age-group relevance.

Although many studies are cited to support findings, the psychological mechanisms (e.g., self-efficacy, locus of control) explaining how readiness reduces fear are underdeveloped. Consider adding a paragraph elaborating these cognitive-behavioral pathways.

Many cited studies relate to ACL reconstruction (e.g., Ardern et al., McPherson et al.). While relevant, consider discussing how generalizable these findings are to other injuries common in football, such as hamstring or ankle injuries.

Author revised the manuscript and uploaded the updated document.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.