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Comparative Analysis of Physical Activity, Time Management, and Self-Care Among Individuals with Type 2 Diabetes: A Multi-Population Cross-Sectional Study

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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	Reviewer 1: Masoud Mirmoezi Department of Physical Education and Sport Sciences, Islamic Azad University, Central Tehran Branch, Tehran, Iran. Email: massoudmirmoezi@live.com Reviewer 2: Yaghob Badriazarin Associate Professor of Sport Sciences, Tabriz University, Tabriz, Iran

1. Round 1

1.1 Reviewer 1

Reviewer:

This is a strong claim. Please provide recent evidence or meta-analyses to support the assertion that physical activity is more effective than other interventions in diabetes control.

The phrasing is ungrammatical. Consider revising to: "Time management may be considered a critical mediating tool between knowledge and action."

While reliability coefficients are reported, no confirmatory factor analysis (CFA) or validity indices are presented. Please clarify whether construct validity was statistically assessed.

Please describe at least one example of a cultural adaptation made in Persian or Spanish versions of the questionnaire. This would strengthen transparency.

The table is very dense and difficult to interpret. Consider simplifying or splitting it into multiple tables (e.g., demographics vs. behavioral variables) for readability.

While no differences were observed, later the paper emphasizes gender disparities. Please reconcile these statements for clarity.

The table shows interaction effects, but the text does not fully interpret them. Please provide a clear narrative explaining significant interactions, rather than only reporting numbers.

Author revised the manuscript and uploaded the updated document.

1.2 Reviewer 2

Reviewer:

This is an important research gap. Please strengthen this argument by briefly citing how few empirical studies exist or highlighting limitations in previous research.

The justification for sample size mentions effect size = 0.25, but it does not explain why this value was chosen. Please clarify whether it was based on prior studies, conventions, or pilot data.

The recruitment strategies differ across Iran and Spain (in-person vs. online). Please discuss potential biases introduced by these differences, especially regarding digital literacy and response rates.

This is an interesting finding, but it is underdeveloped. Please expand on why light-intensity exercise may be culturally preferred or more accessible compared to vigorous activity.

The figure is referenced but not described in sufficient detail. Please add explicit commentary on correlation strengths, particularly highlighting the practical significance of $r = 0.31$ for time management and self-care.

While supportive studies are cited, conflicting studies are only briefly mentioned. Consider adding a deeper comparison to reconcile contradictions in the literature.

Author revised the manuscript and uploaded the updated document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.