

Exploring the Impact of Exercise Motivation and Perceived Health Competence on Emotional Eating

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1. Round 1

1.1. Reviewer 1

Reviewer:

In the sentence "Emotional eating characterized by the consumption of food in response to emotional cues rather than hunger is a prevalent behavior," it would be beneficial to elaborate on what constitutes "emotional cues" to avoid ambiguity.

"Participants were adults aged 18 and older recruited from various community settings through convenience sampling." Detail the community settings and the rationale behind using convenience sampling, including potential biases it introduces.

The section "Measures" mentions the DEBQ, PHCS, and EMI-2. Provide more information on the validation studies for these instruments, especially their relevance to your specific population.

The statement "Assumptions for the statistical analyses were checked and confirmed" would benefit from additional details on how normality, linearity, and homoscedasticity were assessed (e.g., specific tests used).

The discussion could benefit from deeper integration with Self-Determination Theory (SDT). Explicitly connect your findings to the tenets of SDT and discuss any discrepancies or confirmations.

Authors revised the manuscript and uploaded the document.

1.2. Reviewer 2

Reviewer:

The literature review section extensively cites multiple studies (e.g., Mata et al., 2009; Panão & Carraça, 2019). Ensure that each referenced study's relevance is clearly articulated in the context of your research objectives.

"The study hypothesizes that: There is a negative correlation between intrinsic exercise motivation and emotional eating." Provide more theoretical justification for this hypothesis, possibly referencing specific psychological theories.

In Table 1, it is noted that 19.69% of participants had a high school diploma or less. Discuss how educational background might influence the study's outcomes and consider addressing this in the discussion section.

"A significant negative correlation between emotional eating and exercise motivation ($r = -0.42$, $p < .001$)" - Discuss the practical significance of this correlation coefficient in the context of the study.

"The regression model was significant, $F(2, 190) = 39.75$, $p < .001$." Expand on the practical implications of the R^2 value (0.29), explaining how much variance is left unexplained and what other factors might be involved.

Authors revised the manuscript and uploaded the document.

2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.