

Editor's Comment:

Accepted after the revisions listed under the presents

Revisions recommended:

- the article needs correction of the English language
- the Title should remain as it was in the original manuscript. This was also the opinion of two of the reviewers
- the Aim of the study must be added at the end of the Introduction section
- please mention the number of ethical approval issued by the institutional committee, at the beginning of the Methodology section
- please mention the place and time of the interventions, in the Methodology section
- please add subsection "Statistical analysis" at the end of Methodology section, and mention the statistical software you used (and provider), the tests used for data comparison, and the cut-off point of statistical significance (p-value)
- the Results section: -the word "graph" must be removed, because the manuscript does not include graphs anymore;
 - Tables 1, 2 and 3 should be grouped into a single Table;
 - each Table should be placed immediately after the corresponding paragraph, to make the manuscript easier to follow.

Editor's Details:

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