Editor's Comment:

The paper is suitable for publication. Two minor points are:

(i) In abstract and in manuscript, specify (in parenthesis) what the "training program" regards. (ii) As one reviewer noted, "The style of noting the percentage should be similar for the entire article". I think 37% is preferable (better readable than 37.00 percent).

Editor's Details:

Dr. Kleopatra Nikolopoulou National and Kapodistrian University of Athens, Greece