

Review Form 3

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| Journal Name:            | Asian Journal of Food Research and Nutrition                     |
| Manuscript Number:       | Ms_AJFRN_130284  |
| Title of the Manuscript: | The Role of Nutrition in Substance Abuse Recovery: A Mini Review |
| Type of the Article      | Review   |

PART 1: Comments

|  | Reviewer's comment  | Author's Feedback <i>(Please correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)</i> |
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| Please write a few sentences regarding the importance of this manuscript for the scientific community. A minimum of 3-4 sentences may be required for this part. | The manuscript's focus on micronutrient supplementation and the barriers to access also opens new avenues for future research and policy development, ultimately advancing the understanding of how nutrition can enhance recovery outcomes and reduce relapse rates.   | Thank You   |
| Is the title of the article suitable?<br>(If not please suggest an alternative title)  | The revised title could be: The Role of Nutrition in Substance Abuse Recovery: Addressing Nutritional Deficiencies for Improved Outcomes  | Amended, Thank You  |
| Is the abstract of the article comprehensive? Do you suggest the addition (or deletion) of some points in this section? Please write your suggestions here.      | <p>The abstract effectively conveys the key elements of the study, including the importance of nutrition in substance abuse recovery, the methods employed, and the conclusion. With some minor revisions for clarity and depth, it will provide a strong foundation for readers to understand the scope and relevance of the research.</p> <p>1. In Background: You may consider specifying the direct impact of these deficiencies on recovery and overall health in more detail. For example, how do these deficiencies specifically hinder the healing of neurological damage or cardiovascular problems caused by substance abuse? Including this may add more depth to the issue.</p> | Okay.   |
| Is the manuscript scientifically, correct? Please write here.  | The manuscript is scientifically sound and well-grounded in existing research.  | Thank You   |
| Are the references sufficient and recent? If you have suggestions of additional references, please mention them in the review form.                              | Looks fine  | Thank You   |

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| <p>Is the language/English quality of the article suitable for scholarly communications?</p> | <ol style="list-style-type: none"> <li>1. Some sentences are long and could be simplified or split into shorter sentences to improve clarity.</li> <li>2. Ensuring consistent use of terms (e.g., "substance abuse" vs. "substance use disorders") throughout the manuscript would help maintain coherence.</li> <li>3. While generally well-written, there are minor grammatical or punctuation issues that could be addressed to improve readability. For example, there might be places where commas or periods could be added for better flow.</li> <li>4. A few sections could benefit from smoother transitions between paragraphs or ideas to improve the manuscript's overall cohesion.</li> </ol>   | <p>Okay</p>      |
| <p><u>Optional/General</u> comments</p>  | <ul style="list-style-type: none"> <li>• The manuscript provides a comprehensive review of the role of nutrition in substance abuse recovery, and the findings are well-supported by evidence from current research. It makes a strong case for the importance of nutritional interventions in improving recovery outcomes.</li> <li>• The organization of the paper is logical, with clear delineation of sections such as nutritional deficiencies, the role of micronutrients, and barriers to access. This structure helps the reader follow the flow of information.</li> <li>• The manuscript could benefit from a more detailed discussion of potential future research directions, particularly regarding the long-term effects of nutritional interventions on recovery outcomes.</li> <li>• Including more examples of practical applications or case studies in real-world recovery settings could strengthen the argument for integrating nutrition into addiction treatment programs.</li> </ul> <p>Overall, with some minor revisions to improve clarity and flow, the manuscript would be well-suited for scholarly publication.</p> <p>Scientific Importance: The manuscript addresses an important and underexplored aspect of addiction recovery—the role of nutrition in mitigating deficiencies and improving recovery outcomes. It is scientifically relevant, given the widespread prevalence of substance abuse and its associated health challenges, including nutritional deficiencies. The study contributes to the growing body of knowledge on the benefits of integrating nutrition into substance abuse treatment, which is vital for advancing both research and clinical practices in the field.</p> <p>Clarity and Structure: The manuscript is generally well-structured, with a clear introduction, methodology, findings, and conclusion. However, there are areas where the clarity and flow could be enhanced, particularly in the abstract and the conclusion, where more specific examples or actionable recommendations could strengthen the message.</p> <p>Language and English Quality: The language used is suitable for scholarly communication, though minor revisions in sentence structure and grammar would improve readability and ensure precision. I have made detailed suggestions for language improvements in the attached document.</p> <p>Ethical Considerations: I did not identify any apparent ethical concerns in this manuscript. However, the authors should ensure that any claims related to the effectiveness of nutritional interventions are supported by sufficient evidence from the studies included in the review.</p> <p>Competing Interests: There appear to be no competing interests disclosed in the manuscript. If this is the case, it should be clearly stated in the final version for transparency.</p> <p>Suggestions for Improvement:</p> <ol style="list-style-type: none"> <li>1. Provide more specific examples of how nutritional deficiencies exacerbate physical and mental health challenges related to substance abuse.</li> <li>2. Expand on how the findings could directly influence clinical practices or treatment programs.</li> <li>3. Enhance the conclusion by offering concrete suggestions for overcoming barriers like food insecurity and integrating nutritional support into recovery frameworks.</li> </ol> | <p>Thank You</p> |

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|  | <p>4. Consider revising the abstract for a more succinct and precise summary.</p> <p>Overall, I believe this manuscript has the potential to make a valuable contribution to the scientific community and clinical practices in addiction recovery. I recommend its publication after the suggested revisions.</p> <p>Thank you for considering my review.</p> |  |
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PART 2:

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|   | <b>Reviewer’s comment</b>  | <b>Author’s comment</b> <i>(if agreed with reviewer, correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)</i> |
| <b>Are there ethical issues in this manuscript?</b> | <i>(If yes, Kindly please write down the ethical issues here in details)</i> |   |