

Review Form 3

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| Journal Name: | Asian Journal of Research and Reports in Endocrinology |
| Manuscript Number: | Ms_AJRRE_130660 |
| Title of the Manuscript: | OVERWEIGHT AND OBESITY AMONG HEALTHCARE PROFESSIONALS IN TUNISIA: PREVALENCE AND ASSOCIATED FACTORS |
| Type of the Article | |

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This journal's peer review policy states that **NO** manuscript should be rejected only on the basis of '**lack of Novelty**', provided the manuscript is scientifically robust and technically sound. To know the complete guidelines for the Peer Review process, reviewers are requested to visit this link:

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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 obesity is global disorder and now most concerning situation and I agree with this term while our health professional also don't care about this as of busy schedule and many more issues. | Thank you for your comment. We agree that obesity is a global issue, and it's concerning that healthcare professionals often neglect their own health due to busy schedules and other factors. Our study aims to raise awareness on this matter. |
| Is the title of the article suitable? (If not please suggest an alternative title) | yes | Thank you for your feedback on the title; we're glad it's suitable. |

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| 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. | Yes but add more lines about conclusion | CONCLUSION: The high prevalence of overweight among healthcare professionals highlights the urgent need for preventive measures in the workplace, particularly in healthcare settings, to address the long-term health risks associated with obesity. These findings underscore the importance of incorporating weight management and mental health support into workplace wellness programs. Future research should focus on exploring effective interventions to reduce obesity and promote healthier lifestyles among healthcare workers. |
| Is the manuscript scientifically, correct? Please write here. | Yes but discussions should be added more briefly. | <p>We found a significant association between the number of working years and the risk of developing overweight in HCPs. This result was consistent with that of Samhat et al (26). In that study, 56% of nurses reported having gained weight since starting work. However, it is important to note that this result may be influenced by age and menopause, which have been identified in previous studies (3,27) as significantly affecting the prevalence of overweight.</p> <p>We found that wide weight variation during adulthood was an independent factor associated with the risk of overweight. This result was significantly supported by the study by Marleen A et al (28). In this study, it was shown that variations induced by weight loss, including cellular stress, remodeling of the extracellular matrix, inflammatory responses, secretion of adipokines and lipolysis, appear to be associated with weight regain after successful weight loss. The increased risk of recurrence of overweight could therefore, at least in part, be explained by a combination of these factors (28). A 2023 study (29) highlights that factors like immune cells in fat tissue, hormones controlling hunger and satiety, energy expenditure, and fat metabolism play key roles in weight regain.</p> <p>We found that abnormal body image perception was an independent factor associated with overweight. This result is consistent with those of other authors (30,31), who have shown that increasing BMI is a key point influencing body image perception. Indeed, overweight and obesity are often associated with serious disturbances in the perception of body shape and weight, as well as a desire to become thinner and obsessive fears of becoming fat (32). A negative body image increases the risk of suffering from eating disorders and developing overweight (33).</p> <p>In our study, dissatisfaction with current body weight was an independent factor associated with the risk of overweight and obesity in SP. This result is consistent with studies by Toselli et al (34). Indeed, the results of the multiple linear regression analysis of this study also showed that BMI was an independent factor associated with weight dissatisfaction for both sexes, and that its increase led to an increase in the level of body dissatisfaction. This was also well confirmed in the study by Ku et al (19), where it was shown that obese participants, compared with overweight participants, reported lower body satisfaction. For both men and women, body dissatisfaction increased as BMI increased with a desire for smaller body sizes.</p> <p>We found that eating disorders were an independent factor associated with the risk of overweight and obesity in HCPs. Several studies (24,25) have examined the relationship between eating disorders and the risk of obesity in students and healthcare professionals. This may be explained by a greater preoccupation with food and a tendency to follow inappropriate diets in patients with AUDs (25). Indeed, it has been shown that the weight control strategies used by overweight people are often ineffective and actually lead to weight gain and eating disorders such as binge eating,</p> |

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| | | further increasing the risk of obesity. This suggests that high BMI and disturbed eating attitudes may be mutually reinforcing (35). |
| Are the references sufficient and recent? If you have suggestions of additional references, please mention them in the review form. | Yes recent references are used. | Thank you for your comment. |
| Is the language/English quality of the article suitable for scholarly communications? | Yes language is okay | Thank you for your comment. |
| Optional/General comments | Please add statistical analysis discussion in detail and also conclusion should be elaborated more. | <p>The statistical results should be interpreted with caution, as the sample size for some comparisons was insufficient. To better understand the associations between variables, larger-scale studies should be conducted in future research.</p> <p>CONCLUSION</p> <p>Our study has highlighted an underestimated but critical issue. The impact of overweight and obesity on healthcare workers is not only a personal health issue but also a broader public health concern. Healthcare professionals are role models for patients and are integral to the prevention and management of obesity-related diseases. Our study suggests that early preventive measures must be implemented in the workplace to combat overweight and obesity. These measures should include regular screening for overweight, creating awareness about healthy lifestyle practices, and providing appropriate interventions such as counseling, nutrition support, and physical activity programs. Additionally, it is essential to establish comprehensive policies that integrate weight management strategies into workplace health programs. The implementation of such policies should be accompanied by continuous monitoring and support to ensure long-term effectiveness. Future research should focus on exploring targeted interventions and the role of workplace health policies in preventing and managing overweight and obesity among healthcare professionals. Longitudinal studies are needed to evaluate the impact of these interventions over time and assess their cost-effectiveness.</p> <p>In conclusion, the findings from our study underscore the urgent need for increased awareness, early intervention, and preventive measures to address overweight and obesity within healthcare environments. By prioritizing this issue, we can improve the health of healthcare professionals, reduce the burden of obesity-related diseases, and enhance the overall quality of healthcare services.</p> |

PART 2:

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| | Reviewer's comment | Author's comment (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) |
| Are there ethical issues in this manuscript? | <p>(If yes, Kindly please write down the ethical issues here in details)</p> | <p>Yes, ethical considerations have been carefully addressed in this study. Informed consent was obtained from all participants, and they were fully informed about the purpose of the study, the voluntary nature of their participation, and their right to withdraw at any time. Additionally, the study was approved by the appropriate institutional review board (IRB) to ensure compliance with ethical standards. Confidentiality and anonymity of the participants were strictly maintained, and all data were anonymized before analysis. No ethical issues were encountered during the course of the study.</p> |