Name of journal: World Journal of Cardiology

Manuscript NO: 85787

Title: Effects of time-restricted eating with different eating duration on anthropometrics and cardiometabolic health: A systematic review and meta-analysis.

Provenance and peer review: Unsolicited Manuscript; Externally peer reviewed

Peer-review model: Single blind

Reviewer’s code: 05125057

Position: Peer Reviewer

Academic degree: MSc, PhD

Professional title: Assistant Professor

Reviewer’s Country/Territory: Croatia

Author’s Country/Territory: Malaysia

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Reviewer accepted review: 2023-05-26 06:32

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<th>Grade B: Very good</th>
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<td>Novelty of this manuscript</td>
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<td>Creativity or innovation of this manuscript</td>
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SPECIFIC COMMENTS TO AUTHORS
The manuscript by Zaman and colleagues is interesting and summarizes all previous research on time-restricted eating in obese people and the benefits of TRE. This research has shown that TRE has a positive effect on the health of overweight and obese people and that shorter eating times have better and more significant health effects than longer times. Overall, the manuscript is well-written, and the conclusion supports the findings of this meta-analysis. However, certain corrections are required before the manuscript is accepted for publication, and these are listed in the order in which they appear in the manuscript. Abstract: AIM is not an abbreviation but a word; periods may not be written after each letter. This applies to all abbreviations in the abstract and throughout the manuscript, which must be written without a period after each letter (R.T.C. - should be RTC). Correct other abbreviations (DALYs, CER, BMI, TC, RXT, NRCT, AMPK, ARNT, BMAL, ROR, AMP, DNA, BDNF, TEF). Figure 1 states that 15 studies are included but 16 reports, whereas the beginning of the Discussion states that 16 articles from 15 studies are included. The authors should explain this. Table 1 lists two references for the same data: Chow et al., 2020 [55], Lobene et al., 2021, but the Lobene et
al. article is missing from the references list at the end of the manuscript. Standardized mean differences were used for the overall effect of TRE on total fat mass and insulin, whereas mean differences were used in all other cases. Why is this the case? Please explain the difference. In the subgroup analysis for the TRE intervention of the outcome between four and six hours, it is written that there is no statistically significant change for lean body mass. However, there was a p-value of 0.01, which means a statistically significant difference. Therefore, it is necessary to correct this in the manuscript's text. The first sentence of HOMA-IR should be worded more clearly because it states, 'seven studies showed reported no significant...'. The subgroup analysis for the TRE intervention of the outcome between seven and nine hours states that there is no statistically significant change in LDL cholesterol. However, a p-value of 0.02 was found, indicating a statistically significant difference. Therefore, it is necessary to correct this in the text.
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SPECIFIC COMMENTS TO AUTHORS
This article is well written and there are few flaws in the introduction and long discussion. Congratulations to the authors for a good and flawless research. Just the introduction and the discussion will be shorter.