

REVIEWER'S REPORT

Manuscript No.: IJAR- 54080

Title:

Evaluation of the relationship between Body Dysmorphic Disorder, rumination, Self-esteem and exercise addiction

Recommendation:

Accept as it is

Accept after minor revision.....

Accept after major revision

Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair	Poor
Originality		Good		
Techn. Quality	Excellent			
Clarity	Excellent			
Significance		Good		

Reviewer Name: Dr.Sumathi

Date: 27/9/2025

Detailed Reviewer's Report

1. Body dysmorphic disorder or body dysmorphia, is a mental health condition where a person spends a lot of time worrying about flaws in their appearance.
2. These flaws are often unnoticeable to others. People of any age can have BDD, but it is most common in teenagers and young adults. It affects both men and women.
3. Rumination involves repetitive thinking or dwelling on negative feelings and distress and their causes and consequences.
4. Exercise addiction is a type of over exercising, when we feel a lack of control over how much exercise we do. And we exercise so much that it has a negative effect on our health and life overall.
5. Self esteem is the positive or negative opinion and feeling one has about their own worth, abilities, and character, influencing mental and physical health, relationships and overall life satisfaction.
6. Key words are good and informations are meaningful.
7. Methodology parts are good.
8. Results part need graphs for tables.

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- 9. Summary points must be included.**
- 10. References should be in alphabetical order.**
- 11. Over all allignments must be needed.**
- 12. After those corrections good to publish in your journal.**