

REVIEWER'S REPORT

Manuscript No.: IJAR-54080

Date: 28/09/2025

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		✓		
Techn. Quality		✓		
Clarity		✓		
Significance		✓		

Reviewer Name: Sakshi Jaju

Date: 28/09/2025

Reviewer's Comment for Publication.

The study looks at Body Dysmorphic Disorder (BDD), rumination, self-esteem, and exercise addiction in students. It used standard questionnaires on 352 international students in North Cyprus. Results show rumination predicts BDD, depression predicts rumination, and low self-esteem predicts exercise addiction. Social media use links to higher BDD and lower self-esteem.

Strength training improves self-esteem more than aerobic exercise.

Strengths:

1. Large sample size.
2. Standard research tools used.
3. Clear statistical analysis.
4. Useful findings on mental health and exercise.

Weaknesses:

1. Cross-sectional design, no cause-effect proof.
2. Limited to one region.
3. Self-reports may be biased.
4. No focus on treatment methods.

Overall Assessment:

The study is clear and meaningful. It shows mental health programs should reduce rumination, improve self-esteem, and promote healthy exercise. Further studies with larger and varied groups are needed.

Recommendation:

Manuscript accepted for the publication.