

REVIEWER'S REPORT

Manuscript No.: IJAR-56039

Title: The Influence of Religious Practices Observed During Ramadan on Motivation to Quit Smoking

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: Dr S. K. Nath

Date: 03.02.26

Detailed Reviewer's Report

1. Strengths of the Study

- The study addresses a relevant public health phenomenon by exploring the intersection of religious practices and smoking cessation, particularly within the Moroccan context.
- Utilizes validated psychometric tools (Fagerström scale and Prochaska and DiClemente's contemplation scale), ensuring reliability of measurements.
- Employs a cross-sectional analytical design with clear inclusion and exclusion criteria.
- Data collection through online questionnaires allows for broad geographical reach and high participant convenience.
- The study contributes new insights into how religious periods influence health behaviors in Muslim populations, supporting culturally sensitive intervention strategies.
- Comparative analysis between during and after Ramadan periods adds value to understanding temporal effects on motivation.

2. Weaknesses of the Study

- The sample size (n=141) is relatively small, limiting generalizability and statistical power.
- The sampling method (online distribution via social media and email) may introduce selection bias, favoring participants with internet access and higher literacy.
- The cross-sectional design limits causal inference regarding the impact of Ramadan practices on motivation to quit smoking.
- The demographic imbalance (predominance of male participants) may skew the findings.
- Some statistical analyses (e.g., Mann-Whitney and Chi-square tests) are appropriate, but multivariate analyses could strengthen the conclusions, especially controlling for confounders.
- Ethical approval details and registration information are not explicitly mentioned; informed consent procedures, while described, should include approval authority.
- The presentation of tables can be improved for clarity; some data are condensed, making interpretation less straightforward.
- The language and formatting have minor issues, including typographical and grammatical errors, which could be refined for clarity.

3. Reviewer Comments

- Title and Abstract:** The title is clear and concise. However, the abstract provides a good overview but could benefit from explicitly stating the main findings and their significance.

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- **Introduction and Objectives:** The introduction provides sufficient background and rationale. The objective is clear; however, emphasizing the hypothesis explicitly could improve clarity.
- **Methodology and Statistical Analysis:** Methods are described in detail, with appropriate psychometric tools and clear sampling criteria. Nonetheless, the reliance solely on univariate tests limits understanding of potential confounders. The inclusion of multivariate logistic regression analyses would strengthen the robustness.
- **Results and Discussion:** Results are presented systematically, with appropriate statistical tests. The discussion effectively contextualizes findings within existing literature but should more critically address the limitations of the cross-sectional design.
- **Conclusion and Implications:** The conclusion reasonably summarizes findings but should explicitly state the potential for implementing culturally tailored interventions based on results.
- **Ethical Clearance:** Ethical considerations are addressed regarding informed consent and confidentiality, but the document does not specify whether formal ethical approval was obtained from an institutional review board (IRB) or ethics committee, including approval number.
- **Language and Presentation:** The manuscript is generally well-written but contains minor typographical, grammatical, and formatting issues that need correction for publication standards.
- **Tables and Figures:** Tables are informative but could be formatted more clearly (e.g., consistent decimal places, clearer headings).

Additional Note: A thorough check for prior online publication or redundancy indicates that this specific case report has not been published elsewhere, based on available data. Nevertheless, a standard disclosure confirming originality should be included before publication.