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REVIEWER'S REPORT

Manuscript No.: IJAR-58190

Title: *Evaluating the Impact of Structured Exercise on Quality of Life in Patients with Postural Orthostatic Tachycardia Syndrome: An Interventional Trial*

Recommendation:		Rating	Excel.	Good	Fair	Poor
Accept as it is		Originality		✓		
✓ Accept after minor revision.....		Techn. Quality		✓		
Accept after major revision		Clarity		✓		
Do not accept (<i>Reasons below</i>)		Significance	✓			

Reviewer Name: Dr S. K. Nath

Detailed Reviewer's Report

Strength of the study:

- The study focuses on an important and underexplored clinical condition
- The intervention is simple, practical, and easy to implement in clinical settings
- Quality of life was assessed using a validated COMPASS-31 questionnaire
- Results are clearly presented with appropriate tables
- The discussion is supported by relevant literature
- The exercise protocol is well described and reproducible
- The findings encourage non-pharmacological management of POTS

Weakness of the study:

- The sample size is extremely small, limiting the strength of the conclusions
- A control group was not included for comparison
- Random sampling is mentioned but not adequately explained
- Ethical clearance information is not provided in the manuscript
- Some grammatical and formatting errors require correction
- Statistical interpretation is limited because of the very small sample
- The findings cannot be generalized to a wider population

Reviewers Comments:

This manuscript addresses an important topic by evaluating the role of structured exercise in improving quality of life among patients with Postural Orthostatic Tachycardia Syndrome. The intervention is clinically relevant and the use of the COMPASS-31 questionnaire strengthens the assessment of patient outcomes. The manuscript is generally easy to understand, and the results are presented in a logical manner with suitable tables. However, the study has important limitations, particularly the extremely small sample size and the absence of a control group, which reduce the reliability and generalizability of the findings. Ethical clearance and informed consent should be clearly mentioned in the manuscript, as this information is currently missing. Minor grammatical mistakes, formatting inconsistencies, and language issues should also be corrected to improve readability. The authors have acknowledged several limitations, which is appreciated. Overall, the study provides useful preliminary findings and has potential value after appropriate revisions.

Previously Published anywhere/Plagiarism check:

The manuscript appears to present original work, and there is no obvious indication that it has been published elsewhere. No clear evidence of plagiarism was observed during this review. However, the journal should perform a standard plagiarism similarity check before acceptance to ensure originality and compliance with publication ethics.