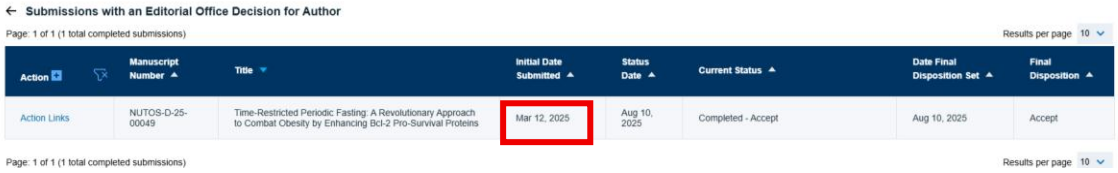
BUKTI KORESPONDENSI

ARTIKEL JURNAL INTERNASIONAL BEREPUTASI SCOPUS Q3

Judul Artikel	: Time-restricted periodic fasting: A revolutionary approach to combat obesity by enhancing Bcl-2 pro-survival proteins
Jurnal	**:** Clinical Nutrition Open Science
Penulis	**:** Nurma Yuliyanasari, Hayuris Kinandita Setiawan, Adi Pranoto, Nabilah Izzatunnisa, Eva Nabiha Zamri, Muhammad Miftahussurur, Purwo Sri Rejeki

NO	PERIHAL	TANGAL
1	Bukti Submit artikel	12 Maret 2025
2	Bukti revisi	6 Juli 2025
3	Bukti revisi dan resubmit artikel setelah revisi	2 Agustus 2025
4	Bukti konfirmasi artikel accepted	10 Agustus 2025
5	Payment confirmation	25 Agustus 2025
6	Bukti konfirmasi artikel published online	Oktober 2025

1. Bukti submit artikel (12 Maret 2025)



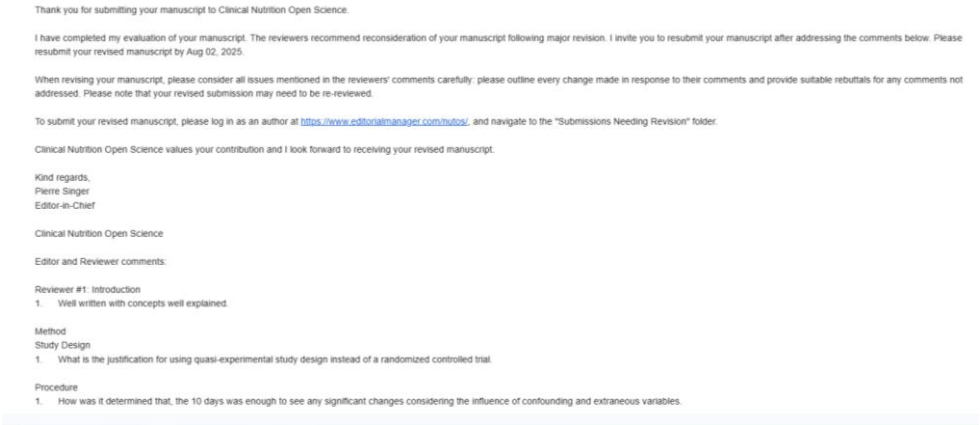
← Submissions with an Editorial Office Decision for Author

Page: 1 of 1 (1 total completed submissions) Results per page 10

Action	Manuscript Number	Title	Initial Date Submitted	Status Date	Current Status	Date Final Disposition Set	Final Disposition
Action Links	NUTOS-D-25-00049	Time-Restricted Periodic Fasting: A Revolutionary Approach to Combat Obesity by Enhancing Bcl-2 Pro-Survival Proteins	Mar 12, 2025	Aug 10, 2025	Completed - Accept	Aug 10, 2025	Accept

Page: 1 of 1 (1 total completed submissions) Results per page 10

2. Bukti revisi (6 Juli 2025)



Thank you for submitting your manuscript to Clinical Nutrition Open Science.

I have completed my evaluation of your manuscript. The reviewers recommend reconsideration of your manuscript following major revision. I invite you to resubmit your manuscript after addressing the comments below. Please resubmit your revised manuscript by Aug 02, 2025.

When revising your manuscript, please consider all issues mentioned in the reviewers' comments carefully: please outline every change made in response to their comments and provide suitable rebuttals for any comments not addressed. Please note that your revised submission may need to be re-reviewed.

To submit your revised manuscript, please log in as an author at https://www.editorialmanager.com/nutos/, and navigate to the "Submissions Needing Revision" folder.

Clinical Nutrition Open Science values your contribution and I look forward to receiving your revised manuscript.

Kind regards,
Pierre Singer
Editor-in-Chief

Clinical Nutrition Open Science

Editor and Reviewer comments:

Reviewer #1: Introduction
1. Well written with concepts well explained.

Method
Study Design
1. What is the justification for using quasi-experimental study design instead of a randomized controlled trial.

Procedure
1. How was it determined that, the 10 days was enough to see any significant changes considering the influence of confounding and extraneous variables.

Reviewer #1: Introduction
1. Well written with concepts well explained.

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Inclusion criteria
1. Inclusion criteria explicitly stated

Exclusion criteria
1. There was no exclusion criteria indicated.

Sample size
1. Did the study consider conducting a power analysis for the sample size.

Results
1. The study did not report on the sociodemographic differences of the two groups. This is relevant since obesity is influence by sociodemographic factors (eg. Income, race, marital status etc).
2. The study did not report for controlling for confounders or extraneous variables which affects interpretation of the results.

Reviewer #2: - It is nice to study and consider the practical implications of this information

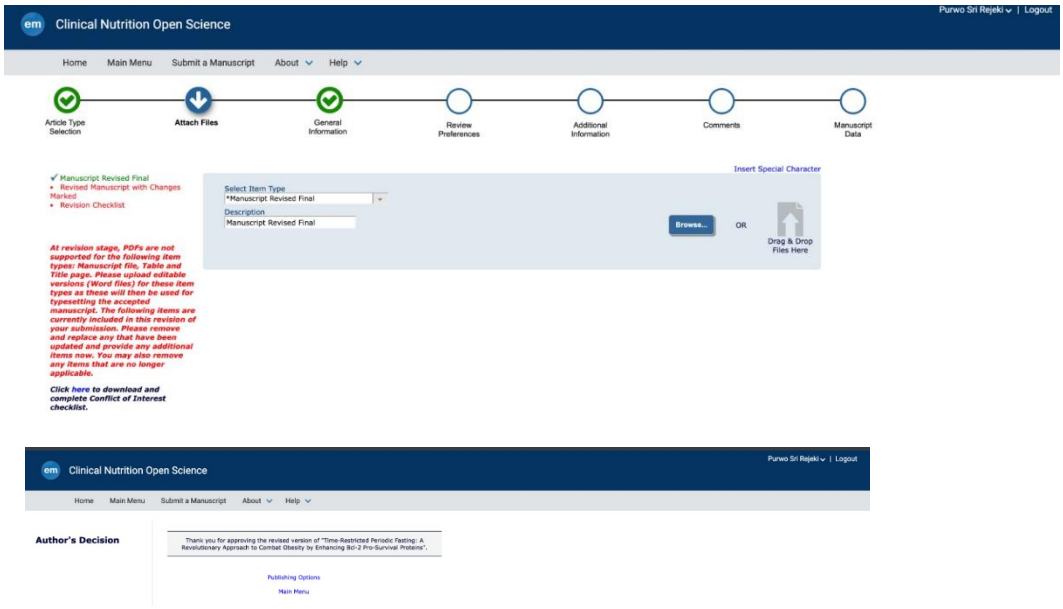
- I prefer to re-write the title of this article as follows: Time-Restricted Periodic Fasting: A Revolutionary Approach to Combat Obesity.

- Just a simple inquiry
- Can fasting and exercise prevent cellular senescence?
- How effective is intermittent fasting for weight loss?

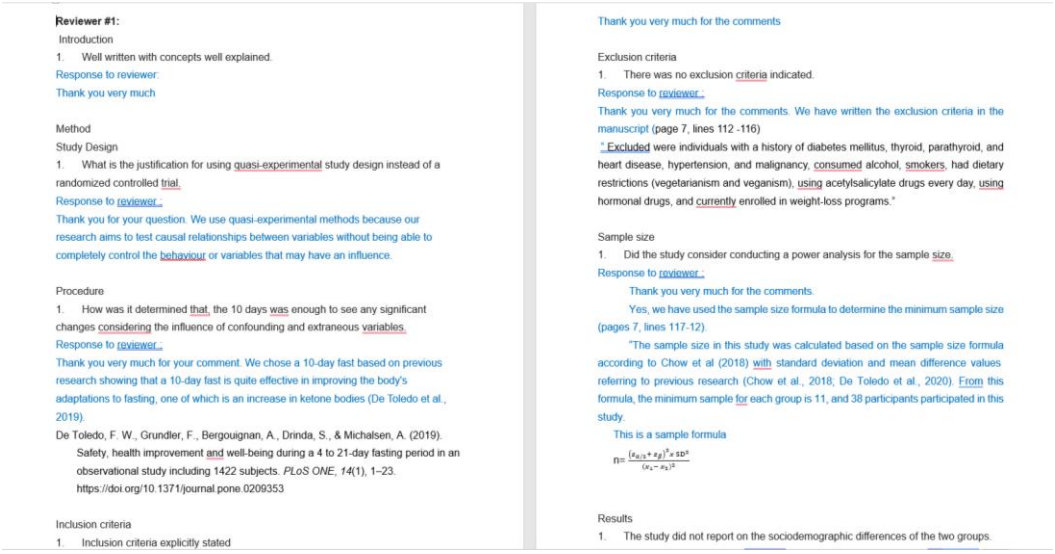
Reviewer #3: The discussion and results should be more organized.
Major corrections for the language are essential.
References should be matched with the instructions of this journal.

3. Bukti revisi dan resubmit artikel setelah revisi 2 Agustus 2025

a. Bukti resbumit via website



b. Bukti respon kepada reviewer



Reviewer #1:

Introduction

1. Well written with concepts well explained.

Response to reviewer:

Thank you very much

Method

Study Design

1. What is the justification for using quasi-experimental study design instead of a randomized controlled trial.

Response to reviewer :

Thank you for your question. We use quasi-experimental methods because our research aims to test causal relationships between variables without being able to completely control the behaviour or variables that may have an influence.

Procedure

1. How was it determined that, the 10 days was enough to see any significant changes considering the influence of confounding and extraneous variables.

Response to reviewer :

Thank you very much for your comment. We chose a 10-day fast based on previous research showing that a 10-day fast is quite effective in improving the body's adaptations to fasting, one of which is an increase in ketone bodies (De Toledo et al., 2019).

De Toledo, F. W., Grundler, F., Bergouignan, A., Drinda, S., & Michalsen, A. (2019). Safety, health improvement and well-being during a 4 to 21-day fasting period in an observational study including 1422 subjects. *PLoS ONE*, *14*(1), 1–23. https://doi.org/10.1371/journal.pone.0209353

Inclusion criteria

1. Inclusion criteria explicitly stated

Thank you very much for the comments

Exclusion criteria

1. There was no exclusion criteria indicated.

Response to reviewer :

Thank you very much for the comments. We have written the exclusion criteria in the manuscript (page 7, lines 112 -116)

" Excluded were individuals with a history of diabetes mellitus, thyroid, parathyroid, and heart disease, hypertension, and malignancy, consumed alcohol, smokers, had dietary restrictions (vegetarianism and veganism), using acetylsalicylate drugs every day, using hormonal drugs, and currently enrolled in weight-loss programs."

Sample size

1. Did the study consider conducting a power analysis for the sample size.

Response to reviewer :

Thank you very much for the comments.

Yes, we have used the sample size formula to determine the minimum sample size (pages 7, lines 117-12).

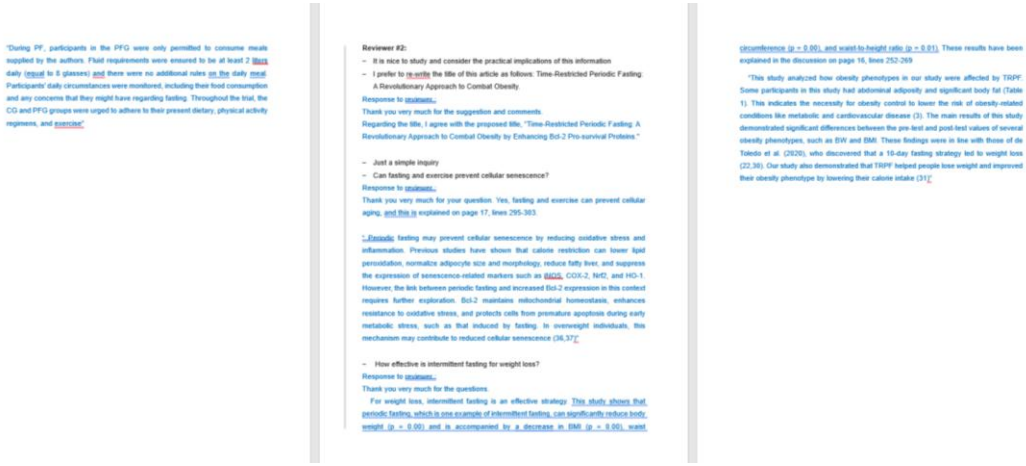
"The sample size in this study was calculated based on the sample size formula according to Chow et al (2018) with standard deviation and mean difference values referring to previous research (Chow et al., 2018; De Toledo et al., 2020). From this formula, the minimum sample for each group is 11, and 38 participants participated in this study.

This is a sample formula

$$n = \frac{(z_{\alpha/2} + z_\beta)^2 \times SD^2}{(x_1 - x_2)^2}$$

Results

1. The study did not report on the sociodemographic differences of the two groups.



"During PF, participants in the PFG were only permitted to consume meals supplied by the authors. Fluid requirements were ensured to be at least 2 liters daily (equal to 8 glasses) and there were no additional rules on the daily meal. Participants' daily circumstances were monitored, including their food consumption and any concerns that they might have regarding fasting. Throughout the trial, the CG and PFG groups were urged to adhere to their present dietary, physical activity regimens, and exercise"

Reviewer #2:

- It is nice to study and consider the practical implications of this information
- I prefer to re-write the title of this article as follows: Time-Restricted Periodic Fasting: A Revolutionary Approach to Combat Obesity

Response to reviewers:

Thank you very much for the suggestion and comments.

Regarding the title, I agree with the proposed title, "Time-Restricted Periodic Fasting: A Revolutionary Approach to Combat Obesity by Enhancing Bcl-2 Pro-survival Proteins."

- Just a simple inquiry
- Can fasting and exercise prevent cellular senescence?

Response to reviewers:

Thank you very much for your question. Yes, fasting and exercise can prevent cellular aging, and this is explained on page 17, lines 295-303.

" Periodic fasting may prevent cellular senescence by reducing oxidative stress and inflammation. Previous studies have shown that calorie restriction can lower lipid peroxidation, normalize adipocyte size and morphology, reduce fatty liver, and suppress the expression of senescence-related markers such as ROS, COX-2, Nrf2, and HO-1. However, the link between periodic fasting and increased Bcl-2 expression in this context requires further exploration. Bcl-2 maintains mitochondrial homeostasis, enhances resistance to oxidative stress, and protects cells from premature apoptosis during early metabolic stress, such as that induced by fasting. In overweight individuals, this mechanism may contribute to reduced cellular senescence (36,37)".

- How effective is intermittent fasting for weight loss?

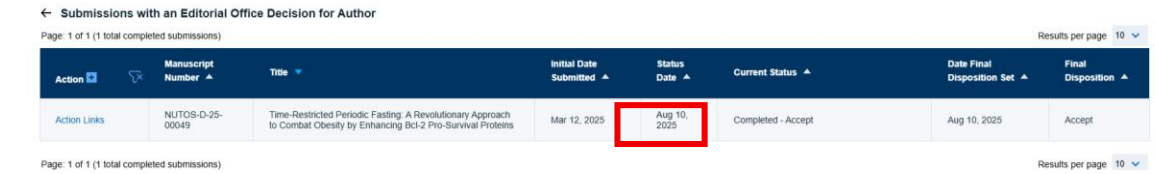
Response to reviewers:

Thank you very much for the questions.

For weight loss, intermittent fasting is an effective strategy. This study shows that periodic fasting, which is one example of intermittent fasting, can significantly reduce body weight ($p = 0.00$) and is accompanied by a decrease in BMI ($p = 0.00$), waist circumference ($p = 0.00$), and waist-to-height ratio ($p = 0.01$). These results have been explained in the discussion on page 16, lines 252-269

"This study analyzed how obesity phenotypes in our study were affected by TRPF. Some participants in this study had abdominal adiposity and significant body fat (Table 1). This indicates the necessity for obesity control to lower the risk of obesity-related conditions like metabolic and cardiovascular disease (3). The main results of this study demonstrated significant differences between the pre-test and post-test values of several obesity phenotypes, such as BW and BMI. These findings were in line with those of de Toledo et al. (2020), who discovered that a 10-day fasting strategy led to weight loss (22,38). Our study also demonstrated that TRPF helped people lose weight and improved their obesity phenotype by lowering their calorie intake (31)"

4. Bukti konfirmasi artikel accepted (10 Agustus 2025)



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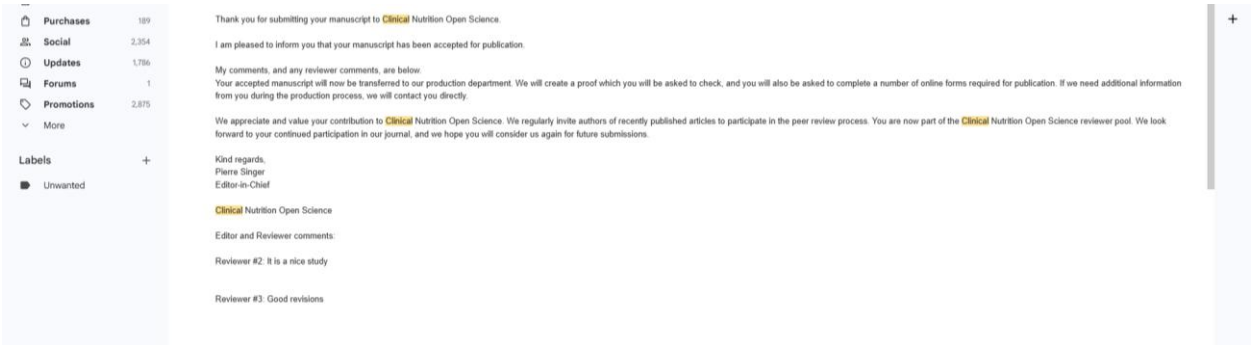


Purchases 189
Social 2,354
Updates 1,786
Forums 1
Promotions 2,875
More

Labels +
Unwanted

Thank you for submitting your manuscript to Clinical Nutrition Open Science.

I am pleased to inform you that your manuscript has been accepted for publication.

My comments, and any reviewer comments, are below:
Your accepted manuscript will now be transferred to our production department. We will create a proof which you will be asked to check, and you will also be asked to complete a number of online forms required for publication. If we need additional information from you during the production process, we will contact you directly.

We appreciate and value your contribution to Clinical Nutrition Open Science. We regularly invite authors of recently published articles to participate in the peer review process. You are now part of the Clinical Nutrition Open Science reviewer pool. We look forward to your continued participation in our journal, and we hope you will consider us again for future submissions.

Kind regards,
Pierre Singer
Editor-in-Chief

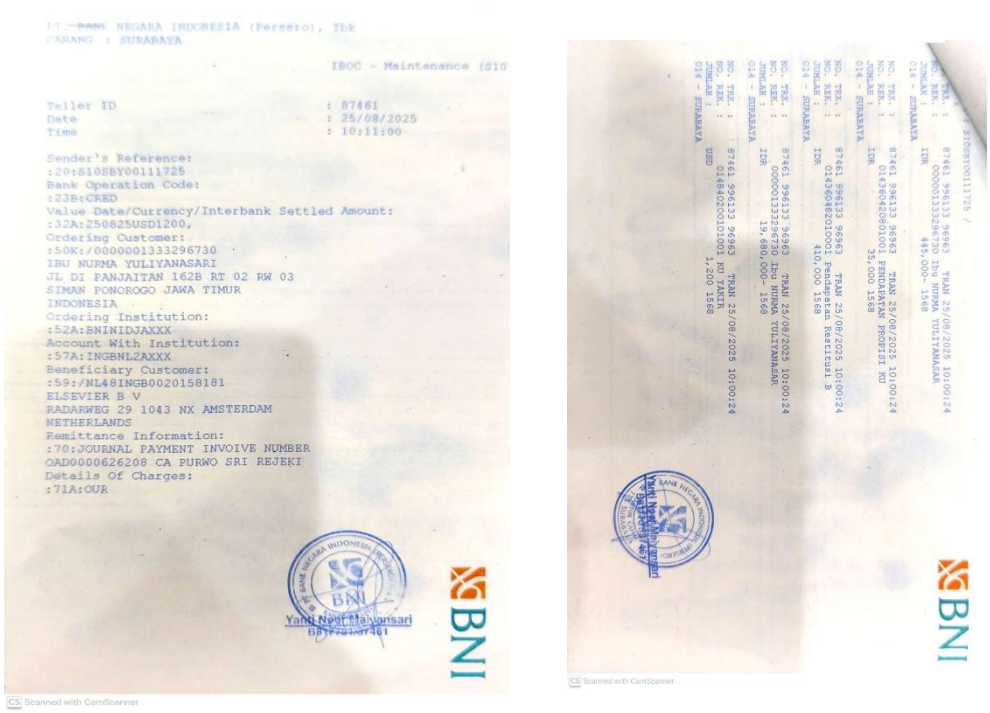
Clinical Nutrition Open Science

Editor and Reviewer comments:

Reviewer #2: It is a nice study

Reviewer #3: Good revisions

5. Payment confirmation



6. Bukti konfirmasi artikel published online