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| Book Name: | [**Pharmaceutical Science: New Insights and Developments**](https://www.bookpi.org/bookstore/product/pharmaceutical-science-new-insights-and-developments-vol-1/) |
| Manuscript Number: | **Ms\_BPR\_4668** |
| Title of the Manuscript: | **Non-pharmaceutical Intervention for Subjective Cognitive Decline among the Elderly** |
| Type of the Article | **Book Chapter** |

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| PART 1: Comments | | |
|  | Reviewer’s comment | Author’s Feedback *(Please correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)* |
| **Please write a few sentences regarding the importance of this manuscript for the scientific community. A minimum of 3-4 sentences may be required for this part.** | In today's aging societies, the prevalence of neurodegenerative diseases such as dementia and Alzheimer's disease is steadily increasing. This book chapter provides valuable insights into non-pharmaceutical interventions for elderly individuals experiencing subjective cognitive decline (SCD), which is considered a precursor to Alzheimer's disease. Given the limited effectiveness of current pharmacological treatments, research on the preventive and supportive role of non-pharmaceutical interventions is becoming increasingly significant.  However, the chapter needs to be revised to align better with an academic writing style, and the literature review should be more comprehensive. The presented studies should be structured more clearly, with a stronger emphasis on methodologically robust research, and recent scientific sources related to the topic should be systematically integrated. In particular, a broader literature review, incorporating the latest studies from high-impact journals, would enhance the credibility and depth of the discussion.  Therefore, a thorough revision of the chapter and a more structured presentation of the literature are recommended. Once these revisions are made, the study will become scientifically stronger and serve as a valuable resource for preserving cognitive health in aging populations. |  |
| **Is the title of the article suitable?**  **(If not please suggest an alternative title)** | Non-Pharmaceutical Strategies for Subjective Cognitive Decline in Aging |  |
| Is the abstract of the article comprehensive? Do you suggest the addition (or deletion) of some points in this section? Please write your suggestions here. | "The sentence 'So far, pharmaceutical intervention has limited effects on SCD' should be removed."  A literature review can be conducted again by adding the keywords **"physical exercise"** and **"subjective cognitive decline,"** and this section can be included in the abstract. |  |
| **Is the manuscript scientifically, correct? Please write here.** | * Lack of discussion on pharmaceutical interventions: The manuscript initially mentioned the limited effectiveness of pharmaceutical interventions, but this statement was later removed. Instead, a comparative evaluation of pharmaceutical and non-pharmaceutical interventions should be included. * The scientific depth of the topic could be enhanced: The results of existing studies should be analyzed with a more critical perspective, especially in terms of methodological limitations and contradictory findings. * A practical implementation guide is missing: While the manuscript explains the effects of non-pharmaceutical interventions, it does not provide practical recommendations on how these interventions should be applied. It should clarify how they can be adapted to clinical settings or daily life. * A broader literature review is needed: The relationship between physical exercise and SCD is not sufficiently detailed. A new literature review using the keywords "physical exercise" and "subjective cognitive decline" should be conducted and incorporated into the abstract. * More recent sources should be included: Some references may be outdated. Studies published in high-impact journals within the last five years should be incorporated. * The scientific quality of references should be verified: More emphasis should be placed on meta-analyses and randomized controlled trials (RCTs) to strengthen the evidence base. * Some sections should be refined to align better with academic writing conventions. Certain sentences may be repetitive or could be expressed in a more formal academic tone. * A stronger academic framework should be established: The theoretical foundation ofthe topic could be more thoroughly explained.   Overall, the manuscript is based on a strong scientific foundation but requires significant improvements. Specifically, the literature review should be expanded, scientific discussions should be more critical, and the academic writing style should be refined. |  |
| **Are the references sufficient and recent? If you have suggestions of additional references, please mention them in the review form.**  **-** | 1. Zhang Y, Yin X, Liu ZY, Yang QF, Han X, Xu YD, Lu XH. Effect of acupuncture at neck-Jiaji (EX-B 2) and *tuina* on the cognitive function in the patients with subjective cognitive decline. Zhongguo Zhen Jiu. 2023 Dec 12;43(12):1379-1383. English, Chinese. doi: 10.13703/j.0255-2930.20230726-0004. PMID: 38092535.  2.Schlosser M, Demnitz-King H, Barnhofer T, Collette F, Gonneaud J, Chételat G, Jessen F, Kliegel M, Klimecki OM, Lutz A, Marchant NL; Medit-Ageing Research Group. Effects of a mindfulness-based intervention and a health self-management programme on psychological well-being in older adults with subjective cognitive decline: Secondary analyses from the SCD-Well randomised clinical trial. PLoS One. 2023 Dec 15;18(12):e0295175. doi: 10.1371/journal.pone.0295175. PMID: 38100477; PMCID: PMC10723715.  3.Rotenberg S, Anderson ND, Binns MA, Skidmore ER, Troyer AK, Richardson J, Xie F, Nalder E, Bar Y, Davids-Brumer N, Bernick A, Dawson DR. Effectiveness of a Meta-Cognitive Group Intervention for Older Adults with Subjective Cognitive Decline or Mild Cognitive Impairment: The ASPIRE Randomized Controlled Trial. J Prev Alzheimers Dis. 2024;11(6):1534-1548. doi: 10.14283/jpad.2024.166. PMID: 39559867; PMCID: PMC11573849.  4.Lee ATC, Luo Y, Huo Z, Shi L, Chu WCW, Lam LCW. Effect of increasing cognitive activity participation on default mode network in older adults with subjective cognitive decline: a randomised controlled trial. EBioMedicine. 2024 Apr;102:105082. doi: 10.1016/j.ebiom.2024.105082. Epub 2024 Mar 25. PMID: 38531174; PMCID: PMC10982549.  5. Salisbury DL, Pituch KA, Yu F. The Effects of Exergame Telerehabilitation in Persons With Subjective Cognitive Decline. Gerontologist. 2024 Jun 1;64(6):gnae028. doi: 10.1093/geront/gnae028. PMID: 38486359; PMCID: PMC11138364.  6. Wang X, Zhou H, Yan CQ, Shi GX, Zhou P, Huo JW, Yang JW, Zhang YN, Wang L, Cao Y, Liu CZ. Cognitive and Hippocampal Changes in Older Adults With Subjective Cognitive Decline After Acupuncture Intervention. Am J Geriatr Psychiatry. 2024 Aug;32(8):1014-1027. doi: 10.1016/j.jagp.2024.03.001. Epub 2024 Mar 7. PMID: 38521736.  7. Galluzzi S, Marizzoni M, Gatti E, Bonfiglio NS, Cattaneo A, Epifano F, Frisoni GB, Genovese S, Geviti A, Marchetti L, Sgrò G, Solorzano CS, Pievani M, Fiorito S. Citrus supplementation in subjective cognitive decline: results of a 36-week, randomized, placebo-controlled trial. Nutr J. 2024 Nov 1;23(1):135. doi: 10.1186/s12937-024-01039-8. PMID: 39482712; PMCID: PMC11529263. |  |
| Is the language/English quality of the article suitable for scholarly communications? | It can be said that the manuscript is generally sufficient in terms of academic English writing; however, it could be made stronger with a more academic tone, clearer expressions, and the reduction of unnecessary repetitions. |  |
| Optional/General comments | Physical exercise and subjective cognitive decline should be included in the literature review.  The physical exercise section should be elaborated by creating specific paragraphs on aerobic, anaerobic, and balance exercises, and relevant studies should be included.  When discussing alternative therapies, acupuncture applications come to mind; however, no section has been dedicated to this topic. A literature review on acupuncture and subjective cognitive decline should be conducted, and relevant information along with sources should be included. Recommendations should be included regarding how often and for how long meditation should be practiced. Guidelines should be provided on how meditation can be implemented in clinical settings. A comparison should be made between different types of meditation (e.g., KK meditation vs. mindfulness-based meditation).  More information about the Default Mode Network (DMN) should be provided and its relationship with cognitive decline should be explained. |  |

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| **PART 2:** | | |
|  | Reviewer’s comment | Author’s comment *(if agreed with the reviewer, correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)* |
| **Are there ethical issues in this manuscript?** |  |  |

**Reviewer details:**

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