

Dear esteemed reviewer,

We are very pleased to receive your valuable comments on our scholarly article. Your thoughtful feedback is truly invaluable and we believe it will play a critical role in improving the quality and impact of our research.

The comments received and the actions we have taken are attached at the end of this letter. We have also attached an updated version of our manuscript with all changes highlighted in blue.

Once again, we are very grateful for the time and effort you took to review our work.

Best regards,

Reviewer 1

It's an interesting study with captions (headings) that capture readers' attention. It's going to contribute greatly to the field. There are minor suggestions for consideration.

1. Breaking Ground on Sedentary Behavior: An Introduction to a Silent Threat

As several reviews on SB among older adults have been conducted, it should emphasize at the beginning of the study why including only qualitative research is needed to give magnitude and significance of the review.

Action (II. 63-68). Qualitative research can develop robust strategies and interventions because of its many advantages. These advantages include a deep understanding of complex phenomena, comprehensive exploration of contextual subtleties that permeate health-related behaviors and interventions, meaningful engagement of stakeholders in the research endeavor, use of an iterative methodology that promotes continuous improvement, and the ability to complement quantitative data with deep insights and broad reach.

2. Crafting the Map: Eligibility Criteria and Search Strategy

- As SPIDER is used to provide inclusion criteria, it would be great if each alphabet of the acronym is presented in order. It would ease readers to follow along and make sure that all criteria are met.

Action (II. 100-125). Sample. The synthesis included primary studies that examined the perceptions of different groups of older people aged 60 years or older (or studies with a mean age of ≥ 60 years), living in their own homes or in nursing homes/facilities, with or without multiple comorbidities, and who did or did not participate in guided physical activity programs or who did or did not engage in regular physical activity without guidance. The synthesis also included studies that focused on clinical populations (e.g., older adults undergoing cardiac rehabilitation) and non-clinical populations.

Phenomenon of interest. Qualitative studies of SB perceptions in the older population.

Design. To meet the purposes of this review, our analysis focused on primary studies that used qualitative methodological approaches. We considered studies that used qualitative data collection methods (e.g., unstructured interviews, semi-structured interviews, structured interviews, focus groups, and direct observation) and various qualitative approaches to data analysis (e.g., thematic analysis, interpretive phenomenological analysis, and content analysis).

Evaluation. Qualitative analysis of experiences, feelings, views, and opinions of older adults.

Research type. Studies from all countries published in peer-reviewed English-language journals since 2012. To meet the purposes of this review, our analysis focused on primary studies that used qualitative methodological approaches. We considered studies that used qualitative data collection methods (e.g., unstructured interviews, semi-structured inter-views, structured interviews, focus groups, and direct observation) and various qualitative approaches to data analysis (e.g., thematic analysis, interpretive phenomenological analysis, and content analysis). However, we excluded primary studies that collected data us-ing qualitative methods but did not include qualitative analysis (e.g., surveys analyzed using descriptive statistical methods). In addition, conference proceedings, book chapters, and unpublished manuscripts were not included in the evidence synthesis.

- Search strategies including keywords for each database should be included as an additional file. This would show transparency and reducibility of the review and other researchers can learn from the review.

Action (II. 140-153). The search strategy for the PubMed, Web of Science, and Scopus scientific databases (Table 1) is used as the basis for the literature search.

Table 1. Search strategy in scientific databases.

1. Sedentary lifestyle[MeSH Terms] 2. (((sedentary behavior[tiab]) OR sedentary behaviour[tiab]) OR sedentary lifestyle[tiab]) 3. prolonged sitting[tiab] 4. computer[MeSH Terms] 5. ((computer use[tiab]) OR computer usage[tiab]) OR computer time[tiab] 6. television[MeSH Terms] 7. ((television viewing[tiab]) OR television watching[tiab]) OR television time[tiab] 8. ((TV viewing[tiab]) OR TV watching[tiab]) OR TV time[tiab] 9. ((screen watching[tiab]) OR screen use[tiab]) OR screen time[tiab] 10. ((screen entertainment[tiab]) OR screen
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behaviour[tiab]) OR screen behavior[tiab] 11. reading time[tiab] 12. automobile driving[MeSH Terms] 13. transport time[tiab]
 AND
 14. qualitative research [MeSH Terms] 15. ethnography [tiab] 16. phenomenology [tiab] 17. life stories [tiab] 18. grounded theory [tiab] 19. case studies [tiab] 20. focus groups [tiab] 21. descriptive qualitative study [tiab] 22. qualitative investigation [tiab] 23. qualitative analysis [MeSH Terms] 24. thematic analysis [tiab] 25. content analysis [tiab] 26. interpretive phenomenological analysis [tiab] 27. thematic synthesis [tiab] 28. narrative analysis [tiab] 29. interviews [MeSH Terms] 30. in-depth interviews [MeSH Terms] 31. structured interviews [tiab] 32. semi-structured interviews [tiab] 33. unstructured interviews [tiab] 34. ((observation [tiab]) OR participant observation [tiab])
 AND
 35. aging[MeSH Terms] 36. ((senior [tiab]) OR senior citizens [tiab] 37. older adult*[tiab] 38. elderly[tiab] 39. older people[tiab] 40. geriatric OR geriatrics

3. From Palette to Canvas: Study Characteristics

As a review aims to gather as many studies as possible to pool data and provide conclusion, the number of studies reviewed and included in the review is expected. A total number of studies included in the review should be reported at the beginning of the session. A flowchart reporting how many articles retrieved from each database (3 databases and reference lists) and each step (showing how collected articles were selected). This would increase reliability of the review.

Action (ll. 167-177).

The flowchart shown in Figure 1 provides an insightful overview of the results of the literature search. During the scoping review, a total of 2832 entries were initially identified through the database search, and two additional studies were found through the reference list. After duplicates were filtered out, the number was reduced to 641 studies. From this pool, a careful screening process excluded 605 articles with irrelevant titles and abstracts, leaving 36 full-text articles for further analysis. Finally, 11 of these articles were excluded after a full-text reading; the reasons for their exclusion are carefully explained in Figure 1. Ultimately, 25 studies were selected that met the strict inclusion criteria and provided a compelling rationale for their inclusion in this reexamination. The rigorous selection process ensures that only relevant studies consistent with the research purposes are included in this review.

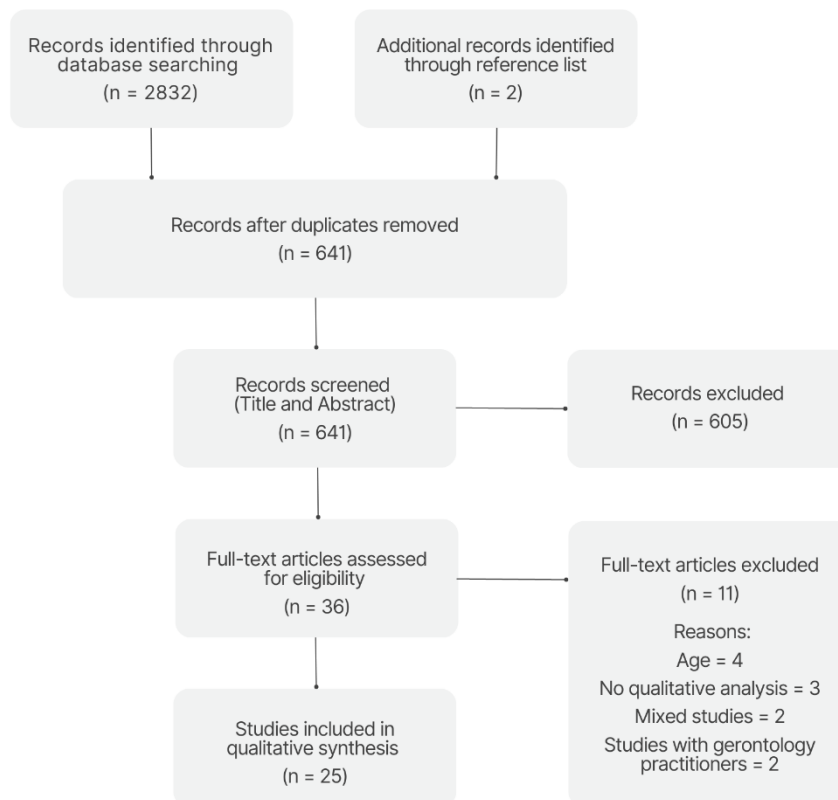


Figure 1. Results from the literature search.

4. Cracking the Code of Sedentary Behavior: Key Themes Explored and Discussed

On page 10, please removing repeating phrase 'The findings of'

Action (l. 306). Repeated expression removed.