

General Comments:

- I congratulate the authors on presenting an interesting and valuable analysis of esports health management. This article tackles a subject that has not been previously explored in depth and proposes a structured approach to addressing health risks in professional esports. The insights provided contribute to an important discussion in the field.
- The structure of the article could be improved, as the manuscript lacks a dedicated Discussion section (despite it being described in PRISMA list as lines 157-339), with the Results section seemingly fulfilling both roles. In a literature review, it is generally expected that results are presented separately from their interpretation and broader implications. The current format makes it difficult to distinguish between the summary of findings from the reviewed studies and the authors' critical analysis.
- The manuscript would benefit from a brief discussion of its limitations, particularly regarding potential biases in literature selection, the scope of included studies, or gaps in existing research. Acknowledging these aspects would provide a more balanced perspective and help contextualize the findings within the broader field of esports health management.

Title:

- The title is overly long and could be more concise while maintaining clarity.
- There is no mention that this is a **literature review**, which may mislead readers into expecting original research.

Introduction:

- The introduction section feels superficial and does not sufficiently establish why the proposed Integrated Health Management Model is necessary. Consider expanding on the significance of esports-related health issues with stronger justification. In particular, the following statement lacks numerical support and concrete examples:
"This long-term, high-intensity work can lead to various health problems. The physical burden and psychological stress of professional esports athletes can affect their professional performance, which may shorten their careers, thereby impacting the sustainable development of the esports industry (Sanz-Matesanz et al., 2023)."
- It would be beneficial to include statistics on how common or severe these health issues are. Additionally, citing real-world cases from TSM TheOddOne's scurvy (2012) to Faker's wrist injury (2024) would strengthen the argument by demonstrating that even high-level professional players are still affected by these health risks despite advancements in the esports industry.

Methods:

- The methodology is generally well described and formulated, providing a clear overview of the literature search strategy, inclusion criteria, and data extraction process.
- The use of multiple databases (CNKI, PubMed, SPORTDiscus, PsycINFO, Web of Science) strengthens the comprehensiveness of the review.
- The inclusion of Boolean operators and keyword combinations demonstrates a systematic approach to identifying relevant studies.

Results:

- A significant portion of the already lengthy Results section consists of theoretical background that would be more appropriately placed in the Introduction. The Results section should primarily focus on summarizing the findings from the reviewed literature, while broader contextual information about esports health risks and management strategies should be introduced earlier. Relocating this content to the Introduction would improve the clarity and structure of the manuscript. Additionally, theoretical concepts can be revisited later, when they can be critically analyzed in relation to the presented results.
- Despite the length of the Results section, the subsections ealth Status of Professional Esports Athletes, Mental health management, Ergonomic optimization, Vision protection measures, and Health education and lifestyle management do not cite a single scientific source. This lack of references undermines the credibility and academic rigor of the content, as key claims are presented without empirical support

Conclusion:

- The Conclusion is clear and well stated, effectively summarizing the key findings of the review. However, the terms "musculoskeletal injuries, visual fatigue, metabolic disorders, and mental health issues" encompass a broad spectrum of conditions. Providing more specific details on the most prevalent or severe issues within these categories would enhance clarity and strengthen the impact of the conclusions. A more precise breakdown would also help readers better understand the specific health risks esports athletes face and how the proposed management model addresses them.