Manuscript Title:

Wait Training: Reconditioning the power of impulse control

Reviewer's Comments: Is the manuscript important for the scientific community? (Few sentences)

Overall interesting topic that is important for the scientific community. Author explores interesting perspectives and offers implementable solutions.

Strengths:

1. **Clear Research Objective:** The abstract clearly outlines the research objective.
2. **Methodological Rigor:**
3. **Clinical Relevance:** Increased prevalence of neurological diseases is likely going to see a change in IC in some way, topic is relevant to current trends in clinical science.
4. **Comprehensive Literature Review:** Literature review appears to be thorough and applicable to the materials discussed.
5. **Well-Organized Structure:**

Area of improvement:

1. **Title:**
2. **Abstract:**
3. **Introduction:**
4. **Figures:**
5. **Tables and Study Data Integration:**
6. **Discussion:**
7. **Limitation:**
8. **Conclusion:**
9. **References:**

Minor Suggestions:

1. Clarity & Conciseness

2. Minor Typographical & Formatting Issues

- page 2 - 4th paragraph reference #4 needs to be in superscript
- Page 3 first paragraph - temptation (reward) consequences (risk) as well as likelihood. - commas needed
- Page 3 first paragraph - reference #5 needs to be superscript.
- Page 3 first paragraph - IC needs to be defined again. It is defined in the abstract but not yet in the main body of the manuscript.
- Page 4 first paragraph - (Blum et al., 1996; Limbrick-Oldfield and colleagues (2013)), and sensitization theory (Robinson & Berridge, 2008).[12,13] not sure this is proper formatting for reference style
- Page 4 End of paragraph 3 et al, 2013 - et al.,
- Page 4 last paragraph IADL needs to be defined
- Reference list needs uniformity
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10. Methodology Clarity:

Recommendations for Publication:

Minor grammatical revisions needed before acceptance.

Guideline:

- Accept:
- Minor Revision: X
- Major Revision:
- Serious Major revision:
- Rejected (with repairable deficiencies and may be reconsidered):
- Strongly rejected (with irreparable deficiencies