

## **Reviewer's report**

**Title:** A randomized, controlled trial of dietary improvement for adults with major depression (the 'SMILES' trial)

**Version: 1 Date:** 02 Dec 2016

**Reviewer:** Marjolein Visser

### **Reviewer's report:**

I would like to thank the authors for carefully addressing most of the points I raised in my review.

There are three remaining issues I would like the authors to change in the paper:

- 1) Last page results section, lines 12-24: "...the dietary support group showed significantly greater improvement from baseline to 12 weeks on ModiMedDiet scores than controls,  $t(55.6)=-4.78$ ,  $p<0.001$ ; the differences remained after controlling for sex, education, physical activity and baseline BMI." It is important to note that the ModiMedDiet score was lower in the dietary support group compared to the control group. It is therefore important to not only adjust for sex, education, physical activity and baseline BMI, but also for baseline ModiMedDiet score. This variable was correctly adjusted for with regard to the primary study outcome, but not for the improvement in ModiMedDiet scores. Please add this variable to your model and report the further adjusted change in score.
  
- 2) Lines 21-24, just before conclusion section of discussion. Please remove part of the sentence '..... and members of our team are developing an educational package to this end.' This is not relevant to the content of the paper.
  
- 3) Figure 3.
  - A) It is not clear whether all study participants were included in this graph, or only the intervention group participants. Add the N to the figure legend.
  
  - B) Please add a measure of variation (similar to figure 2) to your point estimates (i.e. 95% CI).

- C) Remove the lines between your estimates as you have used 4 separate groups. Preferable, you should use a bar chart.
- D) Clearly explain what your measure on the x-axis contains. "Adherence to the ModiMedDiet" is not clear. You probably mean: change in ModiMedDiet score between baseline and end of trial?

**Are the methods appropriate and well described?**

If not, please specify what is required in your comments to the authors.

Yes

**Does the work include the necessary controls?**

If not, please specify which controls are required in your comments to the authors.

Yes

**Are the conclusions drawn adequately supported by the data shown?**

If not, please explain in your comments to the authors.

Yes

**Are you able to assess any statistics in the manuscript or would you recommend an additional statistical review?**

If an additional statistical review is recommended, please specify what aspects require further assessment in your comments to the editors.

I am able to assess the statistics

**Quality of written English**

Please indicate the quality of language in the manuscript:

Acceptable

## **Declaration of competing interests**

Please complete a declaration of competing interests, considering the following questions:

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