Author's response to reviews

Title: Rate of and Factors Associated with breakfast among Inner Mongolia Medical Students in China

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Author's response to reviews: see over
Reviewer 1

Comment
1. The question, defined as a Title and also in the Aim of the paper use the term “rate of” which confuse me because in results there is no rate (meaning prevalence rate). Probably would be better to say prevalence or point of prevalence…

Response
Really it is. We have changed rate according to the reviewer’s suggestion throughout the manuscript.

Comment
2. Methods are well described but appropriate only if the relevant parts in text will be changed (title, aim, discussion).

Response
We have fixed these items.

Comment
3. Yes.
4. Yes.
5. Yes and No - because of possible misunderstanding of using “rate of” in text, and also I did not like the term “breakfast behavior” in some part of the text – if you would like to use it you should write it as italic or with quotation marks.

Response
We have used the term breakfast consumption habit (and other terms) instead of “breakfast behavior,” as well as changing rate just to prevalence.

Comment
6. Not sure – how could biomedical measurements be helpful in assessing breakfast consumption related behavior? You can state e.g. a response bias on few questions (because of using self-administered questionnaire).

Response
We deleted this section

Comment
7. Not sure – see the paragraph 5 in Introduction where stated “Many studies of breakfast consumption were carried out in the 1980s by different research groups to examine the type of food consumed around the world [14].” – with only one reference from 1989, but what about next decades researches?
Response
We added some material to address this point.

Comment
8. Title - no (see the number 1 in this review); in Abstract the aim and methods are not well presented (see suggestions section)

Response
Fixed.

Comment
A/ Title – should be changed for better intelligibility
Factors Associated with skipping breakfast among …… or
Prevalence in breakfast consumption and related habits (or factors) among…

Response
Fixed.

Comment
B/ In text
– change the demographic characteristics or supplement with lifestyle habits (or something similar) where they are described (in Conclusion especially);

Response
We changed these points according to the reviewer’s suggestion.

Comment
– results are inconsistently specified in Abstract conclusion and final conclusion: make them pursuant to the results showed in Table 3. and Table 4.

Response
We have made these results consistent.

Comment
– emphasize when you are talking about skipping breakfast and when about breakfast consumption in relation to statistically significant related factors;

Response
We have clarified this where necessary throughout the manuscript.

Comment
– use terms like: breakfast consumption habit or regularly consumed breakfast or skipping breakfast instead of “breakfast behavior”
Response
Fixed per the reviewer’s recommendation.

Comment
– in Methods there is statement that breakfast habit was described in relation to
demographic characteristic which is not the only most relevant result
e.g. Abstract, section Methods:
“We describe the rate of having breakfast in relation to demographic
characteristics. Factors associated with breakfast were identified using multiple
logistic regression analysis.” Suggestion:
We calculated prevalence of skipping breakfast in relation to demographic
characteristics and some lifestyle habits. Factors associated with skipping
breakfast …

Response
Fixed per the reviewer’s recommendation.

Comment
C/ The data are interesting and sound so the paper must “follow” them in order to give
best insight.
D/ The subject are relevant and important and improvement of paper will give
better intelligibility in what authors intended to say.
E/ I would like authors to rewrite methodology description (e.g. instead of “rate”
use “prevalence”) and other sections where “rate” was use instead of “prevalence” in
order to avoid misinterpretation because they actually showed the point-prevalence.

Response
Fixed per the reviewer’s recommendation.

Comment
Also, I am not sure that the reference 17 (which is the previous paper of the
almost same authors) belongs in this section. Write the whole methodology (even if it
is used in previous paper) because probably it is not “the commonly known”
methodology.

Response
We corrected this in the first sentence of the sampling procedure.

Comment
F/ If there is a need for referring to your previous paper it will be better to refer on it
in section Discussion.

Response
Fixed.
**Comment**
G/ Improve English in whole text.

**Response**
We have a native English-speaking editor edit the final text.

**Comment**
H/ Consider to rewrite some of Table titles e.g.
Table 1. Breakfast consumption prevalence among students according to demographic characteristics
Table 2. Students’ self-perception of breakfast consumption associated factors

**Response**
Changed according to the reviewer’s recommendations.

**Reviewer 2**

**Comment**
1. The Authors should describe in details criteria for assessing self perception (good, medium and bad):
   - physical condition
   - appetite
   - sleeping
   in the chapter dedicated to methods

**Response**
Changed according to the reviewer’s recommendations.

**Comment**
2. More formal language should be used

**Response**
We have had a native English-speaking editor edit the final text.

**Reviewer 3**

**Comment**
1. The viewpoint of the important metabolism pathway under the above “negative spiral” phenomenon is lacking in the first version of the MS. This pathway is as follows. The “tryptophan” taken at breakfast can be metabolized to serotonin in the morning which was again metabolized to melatonin at night, both metabolisms could be performed at pineal. Serotonin is natural anti-depressant agent and melatonin is natural sleep-onset agent. The serotonin is melatonin could be functioning surely for the academic performance...
in daytime and sleep quality, respectively of the medical students. Therefore, a new paragraph on the hormonal mechanism should be incorporated in the revised version. The attachment was the two PDF of references related to this hormonal mechanism. Authors can cite these two papers.

2. Related to this hormonal mechanism, the data on the contents of the breakfast could be analyzed in this epidemiological study, if the authors have got these data.

Response
In regard to the first point we have added a paragraph at Introduction and the beginning of the Discussion and included these references.

In regard to the second point, we do not have such data to analyze.

Editor’s Comments

Comment
1. Competing interests - Please include a 'Competing interests' section between the Conclusions and Authors' contributions. If there are none to declare, please write 'The authors declare that they have no competing interests'.

Response
This has been added.

Comment
2. Authors' contributions - Please include an 'Authors' contributions' section before the Acknowledgements and Reference list.

Response
This has been added.

Comment
Please list the source(s) of funding for the study, for each author, and for the manuscript preparation in the acknowledgements section. Authors must describe the role of the funding body, if any, in study design; in the collection, analysis, and interpretation of data; in the writing of the manuscript; and in the decision to submit the manuscript for publication.

Response
This has been added.

Comment
3. Please provide a copy of the questionnaires as an additional file.

Response
This is attached in our response.