Author's response to reviews

Title: Irregular breakfast eating is negatively associated with adolescents health status and health promoting behavior - a descriptive study in Taiwan

Authors:

   Rea-Jeng Yang (rea@ntcn.edu.tw)
   Edward K Wang (mymcwang@yahoo.com.tw)
   Yeu-Sheng Hsieh (ysh@ntu.edu.tw)
   Mei-Yen Chen (meiyen@mail.cgit.edu.tw)

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To editor and reviewers,

Thank you for giving us the extensive reviews and feedback for our manuscript. The grammatical errors and unclear or ambiguous meanings have been corrected. Please see the red font. We invited a native English speaker to review the wording in our paper. We have made the suggested revisions:

**For the reviewer 1**

Thank you for your suggestions. We’ve changed and revised the areas that were deemed insufficient, as follows:

1. Regarding the background section.

1.1 We added more references in the section as you suggested; please see the revision on page 2, in red font. Unfortunately, we could not search for the article, Cavadini et al. (Eur J Clin Nutr. 2000).

1.2,1.3 We have provided more information in the third paragraph and tried to outline more clearly the present study, please see the revision on page 2-3, in red font.

2. Regarding the methods.

2.1 Sorry, we retained the location of the study design and the sample description, due to the consideration of sequences. However, we added more information in this paragraph. Please see the red font on page 3.

2.2 We changed the strategies for statistical analysis. Please see the red font on page 5-6.
3. Regarding the results section.

3.1 Due to changing the strategies of statistical analysis, the results were changed completely.

   Please see this section on p 6-7.

4. Regarding the discussion section.

4.1 We have added references and compared them with similar populations in the discussion

   section. Please see p 7-8.

4.2 We deleted the beginning of the discussion.

4.3 We restructured and added the limitations about this study. Please see p 10.

5. Regarding the quality of written English. The wording of this paper was reviewed by a

   native English speaker with expertise in editing.
For the reviewer 2

Thank you for your suggestions and support. We’ve changed and revised the areas that were insufficient as follows:

Primary issues:

1. Regarding the sampling. We clarified the strategies about sampling. Please see the revision on page 3, in red font.

2, 4. Regarding the statistical analysis. We changed the strategies for statistical analysis (please see the red font on page 5-6). Unfortunately, we could not conduct the method of HLM, the limitations were stated on page 10.

3. We have revised the strategy to convert the continuous scales to binary variables.

5. Regarding the grammatical errors. The re-new version was reviewed by a native English speaker with expertise in editing.

6. Regarding the general comments. We have restructured and revised them in the new version.

Minor issues:

1. For each subscale of the HPB scale, we provided the data of descriptive statistics. Please see the revision on page 6 and in table 1.

2. We dropped the reference to our ancient forbears, and restructured the section of background. Please see the revision on page 2, in red font.
3. We rewrote the section of results. Please see the revision on page 6-7, in red font.

4. We restructured the first paragraph of discussion. However, the relationships between breakfast consumption and absence of overweight were discussed on page 8, “Irregular breakfast eating is positively associated with overweight.”

Thank you very much!!!