Author's response to reviews

Title: Is the association between acne and mental distress influenced by diet?
Results from a cross-sectional population study among 3775 late adolescents in
Oslo, Norway.

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Author's response to reviews:

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Dear Editor, BMC Public Health

Thank you for helping us improving our manuscript: 4587455424429354. Is the
association between acne and mental distress influenced by diet? Results from a
cross-sectional population study among 3775 late adolescents in Oslo, Norway.
Jon A Halvorsen, Florence Dalgard, Magne Thoresen, Espen Bjertness and Lars
Lien

The changes are as follows:

For reviewer Laurent Misery

1. Better explanation to justify the study

Answer: We have included another reference [1] and extended the paragraph in
the introduction regarding the motivation for our study. We have also extended
the paragraph in the discussion about diet and acne.

2. Neurobiological data to explain the aggravation

Answer: We have extended our discussion regarding this topic, included more on
substance P and also mention nerve growth factor and CRH and added two
references [2,3].

3. Concerning confliction results.
Answer: We have added in the discussion that the low number of patients in the study may contribute to conflicting results.

For reviewer Ekin Savk

1. Perhaps more information on dietary habits of the population in Norway.

Answer: Our study is cross-sectional from a general population with a high participation rate, therefore our results regarding diet are representative for this age-group in Oslo in 2004. Since an assessment of diet was not the objective in this study, we don’t find it helpful to compare our results regarding diet with other studies in Norway, especially since there are no publications in our country which includes both diet and acne.

2. Comparison with acne prevalence in countries with different diet.

Answer: In the study of acne, there is no universal scoring system. This makes it hard to compare different studies. Unfortunately, we are not aware of any ecological studies which compare the prevalence of acne across dietary habits in different countries. We have added one sentence about this in the discussion. We would like to welcome such studies in the future.

3. Why no information regarding milk/dairy products?

Answer: We find this request very relevant, since high intake of milk is one of the products which may be linked to an increased prevalence of acne. Our study was not planned to test our hypothesis, and unfortunately there were no questions about dairy products in the study. Questions about dairy products were probably not included because of lack of space in the questionnaire.


Answer: The prevalence of mental distress is actually quite high among late adolescents in Oslo, and we have comparable data regarding younger adolescents in Oslo and adults in Oslo using the same instrument to measure mental distress, HSCL-10. We have added one sentence in the discussion and two more references [4,5].

In addition we have added one reference in the method section [6] as I promised Nina Titmus in our correspondence in January.

We thank the reviewers for their valuable time and appreciate their effort to make this a better manuscript.

Best regards

Jon Anders Halvorsen

Reference List


