Reviewer's report

Title: Food Consumption Frequency and Perceived Stress and Depressive Symptoms among Students in Three European Countries

Version: 1 Date: 10 December 2008

Reviewer: Chunhong Liu

Reviewer's report:

- Major Compulsory Revisions

1) In section sample of method, it will help the reader to know the sampling procedure. How to sample the university? How to sample the students from each of the three areas.
2) How about the Cronbach's alpha of the PSS and M-BDI in this study?
3) In the section “variables”. Has the food frequency questionnaire been previously validated?
4) In Table 1. The title is “food consumption by country and gender”, but the last two lines were the mean values for scale scores.
5) In Table 1. The values should be expressed as Mean ± SD.
6) In Table 1. There are two factors across the six groups. One-way ANOVA is simply not appropriate. Two-way ANOVA should be used to analyze the effects of gender and country on the food consumption.
7) In the section “discussion”. a) Concerning the association between fruit/vegetables intake and depression, the authors may need to give one interpretation at least. b) The discussion focuses on meat/fish and depression. What about the possible mechanisms? Authors may attempt to discuss further mechanisms relating to omega-3 fatty acids and depression.

- Minor Essential Revisions

1) In the section “variables”. The author said that there were 10 indicator variables, but 12 food items were found in Table 1.
2) ANOVA was used in Table 1, but the author didn’t illuminate it in section “statistical analysis”.

Level of interest: An article whose findings are important to those with closely related research interests

Quality of written English: Needs some language corrections before being published

Statistical review: No, the manuscript does not need to be seen by a
statistician.

Declaration of competing interests:
I declare that I have no competing interests!