Reviewer's report

Title: Diet, a new target to prevent and treat depression?

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Reviewer: Ryoichi Nagatomi

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The paper by Sanchez-Villegas and Martinez-Gonzalez is a mini-review of current studies regarding diet and depression. They suggest that although epidemiological evidence is not sufficient, diet and its pattern may be considered as a risk factor for major depression from longitudinal observational studies, and that diet involvement in the development of major depression may have common etiology with cardiovascular diseases.

1. Major compulsory Revisions

I agree with the importance of nutrition and dietary pattern on progression or prevention of diseases, but as the authors have mentioned evidence regarding the contribution of dietary pattern to the prevention or progression of depression is still not sufficient. Since the conclusion the authors drew largely depend upon epidemiological studies both cross-sectional and cohort studies, the authors should discuss about the confounding factors that may influence the interpretation of previous epidemiological data. For example, the presence of serious disease is considered to be a major risk factor for depression. So, even though epidemiological data may show similar association of the prevalence of depression and CVD with dietary patterns, it is possible that the presence of CVD may have lead to major depression.

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