Reviewer’s report

Title: Health promoting lifestyle of university students in Saudi Arabia: a cross-sectional assessment

Version: 0 Date: 05 Apr 2018

Reviewer: Silvia Lupi

Reviewer's report:

I very appreciate the study. The manuscript is well written and quite easy to read, although I think the authors should consider some aspects needing improvements.

1. The authors stated that the aim of the study was to determine factors influencing health promoting behaviours among university student, applying for the first time HPLP to Saudi Arabia students. HPLP aims to measure the extent to which adults engage in following health-promoting lifestyle giving an overall score and subscales scores, allowing meaningful comparison. Why the authors did not calculate the score and adopted percentages for presenting data?

2. Table 2 is very crowded of information and maybe a summary can add value to the paper.

3. The authors only partially apply HPLP. When considering lifestyle and health I cannot contemplate smoking. Why did the authors completely avoid to consider smoking behaviours?

4. Unless I miss Page 7, line 8: the p value in the text and the p value reported in table 2 are different; Page 7, line 45 the p value in the text and the p value reported in table 3 are different

5. In the discussion (Page 9. Line 17), the authors compare their results with previous studies. I think a comparison with studies recruiting university students or younger subjects would be more appropriate than references 34-37 that are related to metal industry employees, Canadian adults, Finnish general population, Chinese general population.

6. Page 9, lines 52-56: I would be more cautious about fast food products, fat food are not necessarily consumed out of the house, the majority of the students lived with parents but we have no information about place of food consumption that is a variable that is necessary to consider as in the paper DOI: 10.4415/ANN_15_02_14

7. I suggest to give explanation of the acronym GPA
Are the methods appropriate and well described?
If not, please specify what is required in your comments to the authors.

Yes

Does the work include the necessary controls?
If not, please specify which controls are required in your comments to the authors.

Yes

Are the conclusions drawn adequately supported by the data shown?
If not, please explain in your comments to the authors.

Yes

Are you able to assess any statistics in the manuscript or would you recommend an additional statistical review?
If an additional statistical review is recommended, please specify what aspects require further assessment in your comments to the editors.

I am able to assess the statistics

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Please indicate the quality of language in the manuscript:

Acceptable

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