Reviewer’s report

Title: Optimism is associated with diet quality, food group consumption and snacking behavior in a general population

Version: 0 Date: 08 Aug 2019

Reviewer: Melese Linger

Reviewer's report:

Reviewer comments to Authors

Thank you for submitting this interesting paper to BMC nutrition Journal

Here are some question, suggestions and comments to authors

1. What is the public health importance of studying optimism?

2. How diet quality is measured? How it could be? What is your outcome variable?

3. In line 60 the authors explained that optimism is positively associated with diet quality. So to which type of diet quality optimism make an association?

4. How it could two models (linear and logistic) could be applied with single study?

5. "Meat substitutes and non-salted 63 oleaginous fruits" it is better to mention in detail and to describe clearly?

6. In line 66 & 67 "In contrast, optimism was positively associated with alcoholic beverage and appetizer consumption. Finally, no association was observed between energy and optimism." Is optimism associated with taking snack or not taking snack, similarly is optimism have an association with taking or not taking an alcoholic beverage? Describe briefly?

7. Your conclusion does not reflect your findings for example "It was also associated with consumption of healthy food groups as well as unhealthy food groups typically consumed in social eating occasions" consuming in social setting is not presented in the result, so why mention here?

8. Key word should be written alphabetically? So rewrite again? And some terminology are not your key words like "Epidemiology; Cross-sectional"

9. In line 102 "How high optimism have an association with greater intake of alcoholic beverages"
10. In line 145 the author wrote as "After reversing the scoring for the negatively worded items, item scores were summed up and divided by the number of item leading to an overall optimism score ranging from 0 to 4 with higher scores representing greater optimism", so what is the importance of doing reversing and what does it mean?

11. How could be high basal metabolic scale considered as an indication for better nutritional quality?

12. How could you calculate sample size and what was your sampling procedure?

13. Your data collection period is inconsistent for example snacking was assessed between April and October 2014 and depressive symptomatology gathered between November 2017 and May 2018, so is that possible, do you believe that snacking behavior at 2014 would be similar to 2017. How can you correlate each other. In case of cross-sectional study design is that possible to collect data in different time period? When was your data collection period for other variables, describe briefly?

14. What was your data entry software?

15. Line 243 you described that "the strength of the association was estimated by calculating odds ratios (ORs) and 95% confidence intervals (95% CI)", so what type of odd ratio you use?

16. "Optimism was positively associated with consumption of fruits and vegetables, seafood, whole grains, fats, dairy and meat substitutes, legumes, and non-salted oleaginous fruits, and negatively associated with consumption of meat and poultry, dairy products, milk-300 based desserts and sugar and confectionery", would describe the pathophysiology optimism with the food mentioned (show clearly the biological plausibility)

17. Your regression analysis is not correct please rewrite again specifically table 3, 4, 5 are completely wrong? You did not show the cross tab frequencies, you did not show crude odds ratio, you did not mention the outcome variable in the column?

18. Generally what is the public health importance of the study, explain clearly?

Level of interest
Please indicate how interesting you found the manuscript:

An article of importance in its field

Quality of written English
Please indicate the quality of language in the manuscript:

Needs some language corrections before being published
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