Reviewer’s report


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Reviewer: Anju Sukumaran

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1. The sentences need to be restructured to be made more simple and clear.

For eg: Background can be written as: depression is the leading cause of disability worldwide and is known to be associated with insulin resistance. Many studies have assessed the effect of exercise, vitamin D supplementation, zinc supplementation, probiotics and hygienic-dietary factors individually on antidepressant treatment response. Despite the established insulin sensitivity enhancing potential of these factors, no systematic review has collectively analyzed their antidepressant effect with regards to insulin sensitivity.

2. Others sentences that need to rewritten include: 51-54, 70-73, 74-79, 141-145 etc

3. Under Methods/Design- Types of studies mention: this systematic review will only include RCTs. This review is looking at RCTs for patients having depression also.

4. After types of studies do inclusion criteria, then exclusion criteria and then interventions

5. Treatment resistance is defined as failure to attain remission with at least two trials of adequate doses and duration of standard medications. What is the adequate dose and duration? In the inclusion or exclusion criteria you have not mentioned what medications participants are taking and how long to see if they are treatment resistant. The only criteria mentioned is that participants should have a diagnosis of MDD/PDD. If you are including people who got started on meds recently, then you cannot claim treatment resistance but just that there is improvement of insulin sensitivity in depression by the factors mentioned above.

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