Reviewer’s report

Title: EXPLORING THE RELATIONSHIP BETWEEN THE BIG FIVE PERSONALITY CHARACTERISTICS AND DIETARY HABITS AMONG STUDENTS IN A GHANAIAN UNIVERSITY.

Version: 1 Date: 26 Jul 2018

Reviewer: Lynn Williams

Reviewer's report:

General point:
The paper is framed, in the title, and elsewhere as investigating the link between personality and adherence to dietary habits. However, I think it may be better to frame the paper as investigating the link between personality and eating behaviour. In terms of adherence, it is not clear what the participants would be adhering to, e.g. specific dietary guidelines, so I think it would be best to remove any reference to 'adherence'.

Specific points:

1. I would suggest adding further information to the methods section in the abstract giving the sample size and also specifying the measures that were used.

2. The introduction would be strengthened by a more detailed aims section. A number of different analyses are carried out in the results section, and it would be useful for these to be linked to earlier aims. For example, analyses on gender differences are carried out in the results, but there is no clear rationale for this in the introduction. In addition, the discussion section focuses on issues such as the different levels of the Big Five traits in the sample, and the gender differences. It would be useful for if this material linked back to the introduction.

3. Could the authors provide more information in the method section on the measures that were used, e.g. which IPIP scales were used, and number of items and scoring for all measures. In addition, it would be useful to include more specific and detailed information on the 'additional dietary information' that was collected including no. of items, scoring, example items etc. In addition, internal consistency info should be provided for sub-scales, rather than the scale as a whole.

4. A number of analyses are presented in the results section. It would be useful for the reader if there was a clearer structure to the results section, perhaps through the use of sub-headings for the different analyses (and that the analyses linked back to the aims of the introduction, see point 2).

5. The data analysis section states that chi-square analysis was used to examine the associations between dietary habits and personality, but I would assume this was
analysed using correlation? Could the authors please clarify. If the analysis is based on correlation, could the correlation coefficients be provided.

6. In the results section, the authors report on whether participants were high or low on particular traits, but it's not clear how this was determined. Was the data in the current sample compared against norms?

7. As outlined above, the reliability info for the scales should be at a sub-scale level, e.g. what is the reliability for each of the big five subscales, rather than the total scale.

8. One unexpected finding is that neuroticism was not associated with any of the indices of eating behaviour, could the authors provide comment on why this might be

9. The discussion would also benefit from a section outlining the limitations of the study

Are the methods appropriate and well described?
If not, please specify what is required in your comments to the authors.

No

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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