Author’s response to reviews

Title: Possible relation between consumption of different food groups and depression

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RESPONSE TO EDITOR’S COMMENTS:

We thank the editor for their appreciation and constructive comments, which have led to a much improved version of our manuscript. All their comments/suggestions are addressed as detailed in this point-by-point reply.

Editor's comments:

1. The manuscript needs to address manuscript requirements, see https://bmcpsychology.biomedcentral.com/submission-guidelines/preparing-your-manuscript/research-article
   a. You need a much better introduction ending in hypotheses.
   b. You need to rethink the presentation of your statistical analyses (e.g., table and figures)
   c. There needs to be a clear discussion of the study’s limitations.

R/ We thank the editor for these remarks. We have now included a hypothesis in the introduction section (see page 5), we have eliminated the figure 1, and we have included a paragraph about the limitation of the study in the discussion section (see page 10).

3. Make sure to focus more strongly on effect sizes as p values are simply a function of the sample size. For background see


We have followed the editor’s suggestion and, as can be seen in table 1, estimated size effects were calculated using Cramer’s V as a magnitude of association between depression and de high, low or no consumption of the food groups. The effect sizes are resistant to sample size influence and thus provide a truer measure of the magnitude of the effect or association between variables. Estimated effect sizes indicated an small-medium association between depression and low consumption of legumes, fruits and vegetables; and high consumption of sweets and refined sugar.