Reviewer’s report

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

Version: 1 Date: 07 Feb 2019

Reviewer: Einar Thorsteinsson

Reviewer's report:

GENERAL

Remember the comma in "e.g.," and "i.e.," not "e.g." or "i.e." respectively.

Rather than talk about "no depression" and "depression" groups why not talk about "low" and "high" depressive symptoms or levels? Not like you have a clinical diagnosis here based on the BDI.

Justify to the reader why you use categories "no depression" and "depression" and "no", "low", and "high" consume? Would it not make more sense to use the complete scales rather than reduce the variance down to these groups?

Justify to the reader why you use "no", "low", and "high" consume groups and the given serving sizes in each?

ABSTRACT

Give the reader a better idea about your sample. Report the number of males and females in your sample and the mean age and age range.

Should the sentence that reads "The two groups had no significant differences in the consumption chocolate" not be "The two groups had no significant differences in the consumption of chocolate"?
INTRODUCTION

A better coverage of the literature is needed giving the reader a bit more 'in-depth' understanding of potential causal pathways.

METHOD

Talk about "participants' rather than "subjects". Note the APA manual.

Page 7 lines 6-9, rather than "samples t-student test" say "samples t test".

RESULTS

Put "Table 1" not "table 1" (p. 8 line 20).

You don't really use Cramer's V statistics so why not just merge the figure into the table? You could still leave the error bars as an image in one column but you could replace the Cramer's V results with the OR results?

Report two decimal places in general and maybe three if you must for p values and one decimal place for percentage values. At minimum, be consistent within different indices.

DISCUSSION

Some of the references cited in the discussion section could probably be used to inform the introduction. Should some of the studies you cite also be cited and discussed as part of the introduction? Make sure not to introduce new citations in the discussion unless necessary and if you do check if you should have included them in the discussion.
LIMITATIONS

You mention the lack of reliability and validity of the diet questionnaire but tell the reader also what the consequences of this might be.

When you say that you cannot confirm the causal direction (p. 10 line 29) you should also say that you cannot rule out a 'third' explanation where there is no causal relationship between diet and depression. For example, diet and depression may the spuriously related due to a 'third' factor such as a lifestyle factor like exercise or general health that may affect diet and depression.

REFERENCES/CITATIONS

Why not put the full page numbers for the first reference as per other references?

Do you need to report Epub (e.g., p. 14 lines 45-48).

Check other references and fix any inconsistencies. Consider using software such as EndNote or Mendeley to improve citations in text and the reference list.

Add doi information to your references when possible.

Remove the hyphen after the number at the start of the references.

TABLES/FIGURES

Note the APA manual.

Table 1:
- Fix the caption. Not sure what "Data are presented as number (%)" means.
- Remove all vertical lines.
- Remove all horizontal lines except the first two and the last.
- Remove "Mean" in the second last column header as presumably that is the Cramer's V statistic?
- Change the last column header from "p-value" to "p".
- The first column needs a header (e.g., "Diet category").

OTHER

Consider making de-identified data set(s) publicly available, such as through figshare.com, permission to do so can be sought post hoc from the relevant ethics committee if this was not a part of the original ethics approval.

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.

Unable to assess

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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