

## Peer Review Report

# Review Report on Associations of lifestyle patterns with overweight and depressive symptoms among US emerging adults with different employment statuses

Original Article, Int J Public Health

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### EVALUATION

#### **Q 1** Please summarize the main findings of the study.

The LCA results favored a four-class solution: “unhealthy but non-substance use” (69%), “healthy but sleepless and drinking” (12%), “unhealthy lifestyle” (15%), and “healthy but sedentary” group (14%). Compared to the “unhealthy lifestyle” group, participants in other lifestyle groups had fewer depressive symptoms. Lifestyle groups and health outcomes showed different relationships among employed and unemployed participants

#### **Q 2** Please highlight the limitations and strengths.

The limitation is a cross-sectional study from the NHANES data. Reviewing the manuscript to understand the estimated probabilities of the item are measures of response homogeneity with a group for a specific item – the estimated proportion of members of the group endorsing (evidencing) the risk behaviour.

The strength is a nationally representative sample of US emerging adults aged 18–25 years, that used LCA to identify the lifestyle groups.

#### **Q 3** Please provide your detailed review report to the authors. The editors prefer to receive your review structured in major and minor comments. Please consider in your review the methods (statistical methods valid and correctly applied (e.g. sample size, choice of test), is the study replicable based on the method description?), results, data interpretation and references. If there are any objective errors, or if the conclusions are not supported, you should detail your concerns.

Provide more details about The National Health and Nutrition Examination Survey (NHANES) and how this data collection was developed. The inclusion and exclusion criteria.

Why this period was defined (2011–2018)? before the pandemic?

I suggest it be interesting to observe the data from the perspective of 5 or 10 full years to obtain robust results regarding the profile of the investigated population.

For future studies, I believe it would be interesting to investigate whether there was a difference in this profile during the years 2019 to 2022.

Provide the details about the values of scores and components evaluated for six lifestyle variables, mainly diet and alcohol.

Interesting to note that this question is very vague. because there are people who are ex-smokers or beginners in this habit and who have not yet reached this number.

As the population is young this data may have bias. It is better a more objective and less comprehensive question.

I suggest the question: do you currently smoke? Is ex-smoker? never smoked?

In the table 2, it is important to describe the test used.

PLEASE COMMENT

**Q 4** Is the title appropriate, concise, attractive?

No, the title is very large.

Suggestion: Associations of lifestyle patterns with overweight and depressive symptoms among US emerging adults with different employment statuses

**Q 5** Are the keywords appropriate?

Yes

**Q 6** Is the English language of sufficient quality?

yes

**Q 7** Is the quality of the figures and tables satisfactory?

Yes.

**Q 8** Does the reference list cover the relevant literature adequately and in an unbiased manner?)

Yes, but it is necessary to improve:

Use these literature-based cut-off points to identify which behaviours differentiate your identified groups

QUALITY ASSESSMENT

**Q 9** Originality



**Q 10** Rigor



**Q 11** Significance to the field



**Q 12** Interest to a general audience



**Q 13** Quality of the writing



**Q 14** Overall scientific quality of the study



REVISION LEVEL

**Q 15** Please make a recommendation based on your comments:

Minor revisions.