

Peer Review Report

Review Report on Relationship between fruit and vegetables intake and common mental disorders in youth: a systematic review

Systematic Review, Public Health Rev

Reviewer: Laura Orlando

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EVALUATION

Q 1 Please summarize the main theme of the review.

Online databases were searched from inception to October 30, 2020 to locate cross-sectional, cohort, and case-control studies focusing on the FVI and CMDs in youth (i.e., 10-18 years old).

Q 2 Please highlight the limitations and strengths.

The current systematic review serves two main purposes. First, while most of the literature on the diet-mental health relationship comes from studies in adults, this systematic review summarizes the available evidence on this focal relationship in adolescence. Secondly, this systematic review focuses on existing methodological challenges in the field of nutritional epidemiology and psychiatry, and the authors discuss how this field can be improved moving forward. One important limitation is the number of cross-sectional studies identified in the review and the subsequent inability to determine the temporal order of diet and mental disorders.

Q 3 Please provide your detailed review report to the authors, structured in major and minor comments.

This was a well written systematic review which examined the relationship between fruit and vegetable intake (FVI) and common mental disorders (CMD). Table 1 outlined all of the search criteria, which was very thorough. It was important that the supplementary file 2/ PRISMA chart included the reasons why the studies were excluded. Is it possible to combine the data into a meta-analysis as well?

PLEASE COMMENT

Q 4 Is the title appropriate, concise, attractive?

Yes

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

Q 9 Does this manuscript refer only to published data? (unpublished data is not allowed for Reviews)

Yes.

Q 10 Does the manuscript cover the issue in an objective and analytical manner

Yes.

Q 11 Was a review on the issue published in the past 12 months?

No.

Q 12 Does the review have international or global implications?

Yes

QUALITY ASSESSMENT

Q 13 Quality of generalization and summary

Q 14 Significance to the field

Q 15 Interest to a general audience

Q 16 Quality of the writing

REVISION LEVEL

Q 17 Please take a decision based on your comments:

Accept.