

## PEER-REVIEW REPORT

**Name of journal:** World Journal of Psychiatry

**Manuscript NO:** 38275

**Title:** Drinking plain water is associated with decreased risk of depression and anxiety in adults: Results from a large cross-sectional study

**Reviewer's code:** 00742054

**Reviewer's country:** Australia

**Science editor:** Li-Jun Cui

**Date sent for review:** 2018-02-14

**Date reviewed:** 2018-02-20

**Review time:** 6 Days

SCIENTIFIC QUALITY	LANGUAGE QUALITY	CONCLUSION	PEER-REVIEWER STATEMENTS
<input type="checkbox"/> Grade A: Excellent	<input type="checkbox"/> Grade A: Priority publishing	<input type="checkbox"/> Accept	Peer-Review:
<input checked="" type="checkbox"/> Grade B: Very good	<input checked="" type="checkbox"/> Grade B: Minor language	(High priority)	<input type="checkbox"/> Anonymous
<input type="checkbox"/> Grade C: Good	polishing	<input type="checkbox"/> Accept	<input checked="" type="checkbox"/> Onymous
<input type="checkbox"/> Grade D: Fair	<input type="checkbox"/> Grade C: A great deal of	(General priority)	Peer-reviewer's expertise on the
<input type="checkbox"/> Grade E: Do not	language polishing	<input type="checkbox"/> Minor revision	topic of the manuscript:
publish	<input type="checkbox"/> Grade D: Rejection	<input checked="" type="checkbox"/> Major revision	<input type="checkbox"/> Advanced
		<input type="checkbox"/> Rejection	<input type="checkbox"/> General
			<input type="checkbox"/> No expertise
			Conflicts-of-Interest:
			<input type="checkbox"/> Yes
			<input type="checkbox"/> No

### SPECIFIC COMMENTS TO AUTHORS

Thank you for conducting this interesting research! I have put some of my comments on the manuscript. Below are my other comments: Materials and Methods: Some of the important information is missing in this section. The authors need to address the



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followings in this section: - How did you identify the clusters? How many clusters were identified? - How were the potential participants approached and recruited? - What were the inclusion and exclusion criteria? - What was the setting? From where were the participants recruited? I see that in the “limitations” of the study it was mentioned that “This study was conducted among the university employee”. This needs to be mentioned in the Methods section too. Discussion: - The adjusted regression showed no association between water consumption and risk of anxiety. However, throughout the Discussions section the authors have mentioned several times that low daily water intake is a risk factor for depression and ANXIETY! This needs to be corrected. - In the “limitations” it was mentioned that “...they were from different socio-economic status and therefore, our findings can be generalized to other individuals of our society”. The researchers recruited participants through convenience sampling. In addition, there is not enough information about the participants’ socioeconomic background. How do you make sure the participants are representative of the entire population of men and women in your society? This needs to be removed and the authors need to mention this as a limitation of their study: ‘Since we used convenience sampling, the participants may not be representative of the entire population and therefore the results of our study may not be generalised to other individuals in the our society’ (or something similar...) Tables: - In Tables 1 and 2, put both numbers and percentage for the variables, not only the percentages. - Round all decimal number to one decimal point: for example instead of ‘37.18±0.29’ write ‘37.2±0.3’. please amend all the tables accordingly

## INITIAL REVIEW OF THE MANUSCRIPT

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☐ Duplicate publication

☐ Plagiarism

[Y] No

***BPG Search:***

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☐ Duplicate publication

☐ Plagiarism

[Y] No

## PEER-REVIEW REPORT

**Name of journal:** World Journal of Psychiatry

**Manuscript NO:** 38275

**Title:** Drinking plain water is associated with decreased risk of depression and anxiety in adults: Results from a large cross-sectional study

**Reviewer's code:** 02445209

**Reviewer's country:** Czech Republic

**Science editor:** Li-Jun Cui

**Date sent for review:** 2018-02-14

**Date reviewed:** 2018-02-21

**Review time:** 7 Days

SCIENTIFIC QUALITY	LANGUAGE QUALITY	CONCLUSION	PEER-REVIEWER STATEMENTS
<input type="checkbox"/> Grade A: Excellent	<input checked="" type="checkbox"/> Grade A: Priority publishing	<input type="checkbox"/> Accept	Peer-Review:
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<input type="checkbox"/> Grade D: Fair	<input type="checkbox"/> Grade C: A great deal of	(General priority)	Peer-reviewer's expertise on the
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publish	<input type="checkbox"/> Grade D: Rejection	<input checked="" type="checkbox"/> Major revision	<input type="checkbox"/> Advanced
		<input type="checkbox"/> Rejection	<input type="checkbox"/> General
			<input type="checkbox"/> No expertise
			Conflicts-of-Interest:
			<input type="checkbox"/> Yes
			<input type="checkbox"/> No

### SPECIFIC COMMENTS TO AUTHORS

Dear authors, I only have one general comment on your manuscript: My only concern is that the article is too detailed (it involves very many variables - age, BMI, anxiety, depression gender, marital status, medication, smoking, education, gastrointestinal



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problems, food intake, protein, fat, carbohydrate intake, caffeine, magnesium, thiamin, riboflavin, pyridoxine, folate, cobalamie, DHA, EPA, fruit, meat, grains...) and I am not sure why this all is so important to be published. It is in a contrast with the fact that the water consumption in participants was not measured in any way, it was only guessed by the participants (!). I would recommend a major revision of the article, to shorten it at least by one third, or I suggest the authors to explain to the reader why all the details are so necessary. Best regards The reviewer

#### **INITIAL REVIEW OF THE MANUSCRIPT**

##### ***Google Search:***

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- ☐ [Y] No

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- ☐ [Y] No

## PEER-REVIEW REPORT

**Name of journal:** World Journal of Psychiatry

**Manuscript NO:** 38275

**Title:** Drinking plain water is associated with decreased risk of depression and anxiety in adults: Results from a large cross-sectional study

**Reviewer's code:** 02445242

**Reviewer's country:** India

**Science editor:** Li-Jun Cui

**Date sent for review:** 2018-02-14

**Date reviewed:** 2018-02-21

**Review time:** 7 Days

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			<input type="checkbox"/> No

### SPECIFIC COMMENTS TO AUTHORS

None

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