

## PEER-REVIEW REPORT

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

**Manuscript NO:** 73902

**Title:** Letter to the editors: Healthy diet, depression and quality of life: A narrative review of biological mechanisms and primary prevention opportunities

**Provenance and peer review:** Invited Manuscript; Externally peer reviewed

**Peer-review model:** Single blind

**Reviewer's code:** 06183988

**Position:** Peer Reviewer

**Academic degree:** MD

**Professional title:** Doctor

**Reviewer's Country/Territory:** Spain

**Author's Country/Territory:** Czech Republic

**Manuscript submission date:** 2021-12-07

**Reviewer chosen by:** AI Technique

**Reviewer accepted review:** 2021-12-10 10:11

**Reviewer performed review:** 2021-12-10 11:33

**Review time:** 1 Hour

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|--------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Scientific quality | <input type="checkbox"/> Grade A: Excellent <input checked="" type="checkbox"/> Grade B: Very good <input type="checkbox"/> Grade C: Good<br><input type="checkbox"/> Grade D: Fair <input type="checkbox"/> Grade E: Do not publish            |
| Language quality   | <input checked="" type="checkbox"/> Grade A: Priority publishing <input type="checkbox"/> Grade B: Minor language polishing<br><input type="checkbox"/> Grade C: A great deal of language polishing <input type="checkbox"/> Grade D: Rejection |
| Conclusion         | <input type="checkbox"/> Accept (High priority) <input checked="" type="checkbox"/> Accept (General priority)<br><input type="checkbox"/> Minor revision <input type="checkbox"/> Major revision <input type="checkbox"/> Rejection             |
| Re-review          | <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No                                                                                                                                                                             |



**Baishideng  
Publishing  
Group**

7041 Koll Center Parkway, Suite  
160, Pleasanton, CA 94566, USA  
**Telephone:** +1-925-399-1568  
**E-mail:** bpgoffice@wjgnet.com  
<https://www.wjgnet.com>

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| <b>Peer-reviewer<br/>statements</b> | Peer-Review: [ <input checked="" type="radio"/> ] Anonymous [ <input type="radio"/> ] Onymous<br>Conflicts-of-Interest: [ <input type="radio"/> ] Yes [ <input checked="" type="radio"/> ] No |
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#### **SPECIFIC COMMENTS TO AUTHORS**

The present paper is a letter to the Editor in which the authors commend a recently published work that encompasses the association between a dietary pattern (i.e., Mediterranean Diet Pattern) and development of depression. They emphasize that future studies should focus on the relationship between a healthy lifestyle and depression, using a bigger sample size and well-designed clinical trials. The letter is well-written, and the topic covered is very important. The references used are quite recent and accurate. Being a letter to the Editor, it does not follow the same sections as a standard investigation, so this reviewing process is very limited. Thank you for your work.

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**Reviewer's code:** 05789857

**Position:** Editorial Board

**Academic degree:** PhD

**Professional title:** Associate Professor

**Reviewer's Country/Territory:** China

**Author's Country/Territory:** Czech Republic

**Manuscript submission date:** 2021-12-07

**Reviewer chosen by:** Jin-Lei Wang

**Reviewer accepted review:** 2022-02-07 14:20

**Reviewer performed review:** 2022-02-07 14:34

**Review time:** 1 Hour

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|--------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Scientific quality | <input type="checkbox"/> Grade A: Excellent <input checked="" type="checkbox"/> Grade B: Very good <input type="checkbox"/> Grade C: Good<br><input type="checkbox"/> Grade D: Fair <input type="checkbox"/> Grade E: Do not publish            |
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