

PEER-REVIEW REPORT

Name of journal: World Journal of Psychiatry

Manuscript NO: 65089

Title: Healthy Diet, Depression and Quality of Life: A narrative review of biological mechanisms and primary prevention opportunities.

Reviewer's code: 03219135

Position: Editor-in-Chief

Academic degree: MD, PhD

Professional title: Assistant Professor

Reviewer's Country/Territory: China

Author's Country/Territory: Spain

Manuscript submission date: 2021-02-27

Reviewer chosen by: Ya-Juan Ma

Reviewer accepted review: 2021-05-01 22:43

Reviewer performed review: 2021-05-01 22:58

Review time: 1 Hour

Scientific quality	<input type="checkbox"/> Grade A: Excellent <input checked="" type="checkbox"/> Grade B: Very good <input type="checkbox"/> Grade C: Good <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 Grade E: Do not publish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 <input type="checkbox"/> Grade C: A great deal of language polishing <input type="checkbox"/> Grade D: Rejection
Conclusion	<input checked="" type="checkbox"/> Accept (High priority) <input type="checkbox"/> Accept (General priority) <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
Peer-reviewer statements	Peer-Review: <input type="checkbox"/> Anonymous <input checked="" type="checkbox"/> Onymous Conflicts-of-Interest: <input type="checkbox"/> Yes <input checked="" 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

SPECIFIC COMMENTS TO AUTHORS

Unipolar depressive disorder (UDD) affects more than 264 million people worldwide and was projected to be the leading cause of disability-adjusted life years lost in 2030, well before the SARS-CoV-2 pandemic. It is imperative for leading economies to implement preventive strategies targeted towards UDD, as consistent policies are currently lacking. Recently established similarities between the aetiological hypotheses of depression and cardiometabolic diseases are shifting paradigms within this field. Hence, it is believed that dietary practices could potentially reduce the incidence of depression; similar to its effects on metabolism. Thus, the aim of this review is to compile current evidence for healthy dietary patterns as suitable contributors to primary prevention strategies against UDD. Most of the well-known biological mechanisms behind depression have been positively associated with healthful diets and dietary patterns, in varying degrees. Interestingly, a common factor is the production and overall effects of inflammatory cytokines such as IL-6, TNF- α , and CRP. These compounds have been associated with depressive symptoms, disturbances in neuroendocrine function, leaky gut, monoamine activity and brain function, but are also a key factor in the development of cardiometabolic diseases. Finally, there is a need to include health related quality of life (HRQoL) as an indicator of physical and mental well-being for its putative associations with depression and suicide risk. In particular, the great potential of the Mediterranean diet (MD) for the prevention of metabolic and cardiovascular diseases is well supported by first-level evidence and it is considered by various organizations as a model healthy eating pattern. In one of the few clinical trials investigating these associations, the PREDIMED trial, individuals with diabetes assigned to a MD supplemented with mixed tree nuts experienced a 41% relative risk reduction of developing depression. Going forward, focusing in clinical trials, using



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E-mail: bpgoffice@wjgnet.com
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precise nutritional assessments, and identifying nutritional biomarkers that might be related to depression are needed to fully support the implementation of dietary recommendations in the field of psychiatry. Comments: 1. Literature search and exclusion criteria? 2. What is the clinical utility of the authors findings? The clinical perspective should be confirmed 3. A possible mechanism diagram between Healthy Diet, Depression and Quality of Life could be added 4. This reference "Decreased level of irisin, a skeletal muscle cell-derived myokine, is associated with post-stroke depression in the ischemic stroke population. Journal of neuroinflammation, 15(1), 1-10." could be added in the revision text.

PEER-REVIEW REPORT

Name of journal: World Journal of Psychiatry

Manuscript NO: 65089

Title: Healthy Diet, Depression and Quality of Life: A narrative review of biological mechanisms and primary prevention opportunities.

Reviewer's code: 02733541

Position: Editorial Board

Academic degree: MD, PhD

Professional title: Lecturer, Surgeon

Reviewer's Country/Territory: Romania

Author's Country/Territory: Spain

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Reviewer chosen by: Ya-Juan Ma

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Scientific quality	<input type="checkbox"/> Grade A: Excellent <input type="checkbox"/> Grade B: Very good <input checked="" type="checkbox"/> Grade C: Good <input type="checkbox"/> Grade D: Fair <input type="checkbox"/> Grade E: Do not publish
Language quality	<input type="checkbox"/> Grade A: Priority publishing <input checked="" type="checkbox"/> Grade B: Minor language polishing <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 type="checkbox"/> Accept (General priority) <input checked="" type="checkbox"/> Minor revision <input type="checkbox"/> Major revision <input type="checkbox"/> Rejection
Re-review	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Peer-reviewer statements	Peer-Review: <input checked="" type="checkbox"/> Anonymous <input type="checkbox"/> Onymous Conflicts-of-Interest: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No

SPECIFIC COMMENTS TO AUTHORS

It is an interesting and extensive narrative review with appropriate references. I suggest you to add the followig references: - Popa AR, Vesa CM, Uivarosan D, Jurca CM, et al. Cross sectional study regarding the association between sweetened beverages intake, fast-food products, body mass index, fasting blood glucose and blood pressure in the young adults from North-Western Romania. *Rev. Chim. (Bucharest)*, 2019, 70(1): 156-160; - Dimitriu MCT, Pantea-Stoian A, Smaranda AC, Nica AA, Carap AC, Constantin VD, Davitoiu AM, Cirstoveanu C, Bacalbasa N, Bratu OG, Jacota-Alexe F, Badiu CD, Smarandache CG, Socea B. Burnout syndrome in Romanian medical residents in time of the COVID-19 pandemic. *Med Hypotheses*. 2020 Nov;144:109972. doi: 10.1016/j.mehy.2020.109972; - Cotel A, Golu F, Pantea Stoian A, Dimitriu M, Socea B, Cirstoveanu C, Davitoiu AM, Jacota Alexe F, Oprea B. Predictors of Burnout in Healthcare Workers during the COVID-19 Pandemic. *Healthcare (Basel)*. 2021 Mar 9;9(3):304. doi: 10.3390/healthcare9030304.