

Review of: "Evaluating the Impact of Nutritional and Socioeconomic Factors on Cognitive and Academic Performance in age 6-13 years"

Lourdes Herrera-Quintana¹

¹ Universidad de Granada

Potential competing interests: No potential competing interests to declare.

This manuscript examined the relationships between nutritional status, cognition, and socioeconomic variables in schoolchildren from Pakistan. Overall, although the topic is of interest, some changes should be made:

1. Abstract section:

- Specifications about sex distributions are important; the number/percentage of males/females or boys/girls must be indicated (also in the methodology section).
- I would rewrite the second paragraph in order to: firstly, describe the main results, and secondly, to sum up the conclusions in the last sentence.

2. Introduction section: English grammar and the flow of the text must be improved.

3. Materials and methods section:

- Setting subsection: The information regarding study type is not well-described. Furthermore, it is not listed how the recorded dietary information, just mentioned "number of meals per day."
- Study design subsection: Mean and standard deviation of age should be provided, as well as information about ethical considerations/ethical committee approval.
- Explanatory variables subsection: "Dietary history was assessed by using a food frequency questionnaire and food group's record." Was a standardized or previously published questionnaire used? In that case, it should be referred to; in another case, the questionnaires should be provided as supplementary files.
- Statistical analysis subsection: It must be amplified; important information about statistical analysis is missing.

4. Results section:

- Writing should be improved in order to provide a better understanding of the results.
- Tables should include a footer with information regarding statistical analysis, abbreviations, etc.
- The term "healthy" has many more implications than weight; I would use "normal weight."
- What do you mean by the term "malnourished"? It must be specified which were the variables and cutoff points to establish this malnutrition. According to the WHO: "Malnutrition refers to deficiencies or excesses in nutrient intake,

imbalance of essential nutrients, or impaired nutrient utilization. The double burden of malnutrition consists of both undernutrition and overweight and obesity, as well as diet-related noncommunicable diseases. Undernutrition manifests in four broad forms: wasting, stunting, underweight, and micronutrient deficiencies.” ... Thus, different parameters must be considered, not just weight.

5. Discussion section:

This section is very short, especially considering the extension of the introduction section. The first paragraph should include sentences describing the main findings of the manuscript. The following paragraphs should discuss these findings (more in depth), in an orderly manner, with previous findings in the literature. Finally, a paragraph outlining the limitations of this study (which are many) should be included.

6. Conclusion section:

Many sentences describing the results, they should be summarized. Additionally, it could be highlighted that other aspects, such as the importance of this study despite its limitations, or further perspectives, should be addressed.