

**Review Form 1.7**

Journal Name:	<b>Asian Journal of Medicine and Health</b>
Manuscript Number:	<b>Ms_AJMAH_115134</b>
Title of the Manuscript:	<b>THE RELATIONS FOOD INTAKE AND HEMOGLOBIN LEVELS IN FACULTY OF MEDICINE STUDENTS, INDONESIAN CHRISTIAN UNIVERSITY, CLASS OF 2021</b>
Type of the Article	<b>Original Research Article</b>

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**PART 1: Review Comments**

	Reviewer's comment	Author's comment (if agreed with reviewer, correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)
<p><b>Compulsory</b> REVISION comments</p> <p><b>1. Is the manuscript important for scientific community?</b> (Please write few sentences on this manuscript)</p> <p><b>2. Is the title of the article suitable?</b> (If not please suggest an alternative title)</p> <p><b>3. Is the abstract of the article comprehensive?</b></p> <p><b>4. Are subsections and structure of the manuscript appropriate?</b></p> <p><b>5. Do you think the manuscript is scientifically correct?</b></p> <p><b>6. Are the references sufficient and recent? If you have suggestion of additional references, please mention in the review form.</b></p>	<p>This manuscript investigates the relationship between food or iron intake and hemoglobin levels in students at the Faculty of Medicine, Indonesian Christian University, Class of 2021. It addresses a significant health concern, particularly in adolescents, regarding anemia, which affects a large portion of the global population. The findings of this research could provide valuable insights into nutritional interventions to improve hemoglobin levels and prevent anemia among young individuals, thereby contributing to public health efforts.</p> <p>The title of the article is somewhat suitable but could be improved for clarity and conciseness. Here's a revised version: "Relationship Between Food and Iron Intake and Hemoglobin Levels Among Medical Students: A Cross-Sectional Study at Indonesian Christian University, Class of 2021"</p> <p>The abstract provides a succinct overview of the research, outlining the background, aims, methodology, results, and conclusion.</p> <p>Overall, the manuscript contains valuable research findings on the relationship between food/iron intake and hemoglobin levels in students at the Faculty of Medicine, Indonesian Christian University Class of 2021. However, there are several areas that need improvement in terms of grammar, clarity, and adherence to American Medical Association (AMA) style. Here are some suggested revisions:</p> <ul style="list-style-type: none"> <li>• <b>Title:</b> "THE RELATIONSFOODINTAKE" should be corrected to "THE RELATIONSHIP BETWEEN FOOD INTAKE AND HEMOGLOBIN LEVELS".</li> <li>• <b>Abstract:</b> "Lack of protein intake will result in hampered iron transport and reduce the formation of hemoglobin (Hb) as a protein compound found in red blood cells, helpful in transporting oxygen (O2) and CO2 carbon dioxide in the body." - This sentence is too long and complex. It can be split for clarity. "Food intake correlation with iron intake and if iron intake is insufficient, it can disrupt red blood cell production and cause anemia." - This sentence is unclear. It should be revised for clarity.</li> <li>• <b>Introduction:</b> The introduction provides a comprehensive background, but it should be divided into subsections for better organization. Use subheadings such as "Hemoglobin and Its Importance", "Anemia and Its Implications", and "Nutritional Factors Contributing to Anemia" to improve readability.</li> <li>• <b>Methods:</b> The methodology section is well-described but could benefit from subheadings such as "Study Design", "Participants", and "Data Collection and Analysis". Clarify the inclusion and exclusion criteria for participant selection.</li> <li>• <b>Results:</b> Present the results in a more structured format, possibly using tables or figures for better clarity. Avoid repetition of data already mentioned in the abstract.</li> <li>• <b>Discussion:</b> The discussion should focus on interpreting the results and comparing them with existing literature. Provide more concise explanations of the statistical analyses conducted. Use subheadings to organize different aspects of the discussion, such as "Relationship between Food/Iron Intake and Hemoglobin Levels" and "Comparison with Previous Studies".</li> <li>• <b>Conclusion:</b> The conclusion should succinctly summarize the main findings and their implications. Reiterate the significance of the study and its contribution to existing knowledge.</li> </ul> <p>Overall, the manuscript appears to be scientifically sound.</p> <p>The list of references is extensive, which is good. However, some references appear to be redundant or outdated. Ensure consistency in citation format (e.g., some citations include page numbers, while others do not). Consider removing references that are not directly cited in the text to improve the relevance of the bibliography.</p>	

[Review Form 1.7](#)

<p><b><u>(Apart from above mentioned 6 points, reviewers are free to provide additional suggestions/comments)</u></b></p>		
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<p><b>Minor</b> REVISION comments</p> <p>1. Is language/English quality of the article suitable for scholarly communications?</p>	<p>Overall, the language and English quality of the article are suitable for scholarly communications.</p>	
<p><b>Optional/General</b> comments</p>	<p>There are several areas where improvements can be made for clarity and consistency:</p> <p><b>Abstract:</b></p> <ul style="list-style-type: none"> <li>• "Aims: This research was conducted to determine the relationship between food or iron intake and hemoglobin (Hb) levels." - Consider rephrasing to "The aim of this research was to investigate the relationship between food or iron intake and hemoglobin (Hb) levels."</li> <li>• "Methodology: This research uses a descriptive-analytical research design..." - Add a space after the colon for consistency.</li> <li>• "The purposive sampling technique method was used..." - Remove "technique method" to avoid redundancy.</li> <li>• "Results:The study showed..." - Add a space after the colon for consistency.</li> <li>• "Conclusion:there is a significant relationship between ironintake and hemoglobin levels." - Add a space after the colon and capitalize "there" to "There" for correctness.</li> </ul> <p><b>Introduction:</b></p> <ul style="list-style-type: none"> <li>• "Hemoglobin can be measured using various methods, including the Sahli method, oxyhemoglobin method, and cyanmethemoglobin method, and the amount of Hb/100 ml of blood can be used as an index of the oxygen-carrying capacity of red blood." - This sentence is convoluted. Consider breaking it down or rephrasing for clarity.</li> <li>• "In general, food consumption is closely related to nutritional status. If the food consumed has good value, then the nutritional status will also be good; conversely, if it lacks nutritional value, it will cause malnutrition and can cause anemia." - This sentence is repetitive. Consider revising for conciseness.</li> <li>• "Some factors, including low protein and iron consumption, blood loss, and malabsorption, can cause iron deficiency anemia." - Add a comma after "blood loss" for clarity.</li> <li>• "According to the Indonesian Ministry of Health, it has been revealed that several health problems are being experienced, which could threaten the future of Indonesian teenagers." - Awkward phrasing. Consider revising for clarity.</li> <li>• "Teenagers are a source of potential and the nation's successors." - Awkward phrasing. Consider revising for clarity.</li> </ul> <p><b>Methodology:</b></p> <ul style="list-style-type: none"> <li>• "The research population used was some students from the Faculty of Medicine, Indonesian Christian University Class of 2021..." - Replace "some" with "selected" for clarity.</li> <li>• "Data collection was carried out using primary data, data taken using blood samples and questionnaires taken from FK UKI students Class of 2021 in 2022:" - Awkward phrasing. Consider revising for clarity.</li> <li>• "Data collection was carried out using primary data, data taken using blood samples and questionnaires taken from FK UKI students Class of 2021 in 2022: 1) Laboratory examination, used to determine anemia status using the Hematology Analyzer method; 2) 2x24 hour Food Recall Form, used to determine the type and amount of energy consumed during 24 hours." - This sentence is overly long. Consider breaking it down for clarity.</li> <li>• "Data collection was carried out using primary data, data taken using blood samples and questionnaires taken from FK UKI students Class of 2021 in 2022: 1) Laboratory examination, used to determine anemia status using the Hematology Analyzer method; 2) 2x24 hour Food Recall Form, used to determine the type and amount of energy consumed during 24 hours." - Add a period after "24 hours" for completeness.</li> </ul> <p><b>Results and Discussion:</b></p> <ul style="list-style-type: none"> <li>• "The sample in this study were individuals registered in the 2021 class of the Indonesian Christian University Faculty of Medicine who were active students." - Change "were" to "was" for subject-verb agreement.</li> <li>• "The results of this study showed that 60 respondents had sufficient food/iron intake (&lt;80% RDA), including 56 respondents (93%) with normal hemoglobin levels and four respondents (7%) with low hemoglobin levels." - Awkward phrasing. Consider revising for clarity.</li> </ul>	

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	<ul style="list-style-type: none"><li>• "The results of the Chi-Square statistical test showed a significant value of <math>p = 0.000</math> (<math>p &lt; 0.05</math>)." - The p-value should be reported as <math>p &lt; 0.05</math> for consistency.</li><li>• "This research is in line with research by Sevtiana Winda Wati, Ria PurnawianSulistiani, and Rr.Annisa Ayuningtyas in 2022, namely that a significant relationship was found between iron intake and hemoglobin levels in Bachelor of Nutrition students at the Muhammadiyah University of Semarang with a value of (<math>p=0.000</math>)." - Awkward phrasing. Consider revising for clarity.</li></ul> <p><b>Conclusion:</b></p> <ul style="list-style-type: none"><li>• The grammar error in the sentence is the lack of a space between "iron intake" and "and," resulting in "iron intakeand" instead of "iron intake and." The corrected sentence should read: "Based on the description of the research results and discussion, there is a significant relationship between iron intake and hemoglobin levels in students at the Faculty of Medicine, Indonesian Christian University Class of 2021."</li></ul>	
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**PART 2:**

	<b>Reviewer's comment</b>	<b>Author's comment</b> <i>(if agreed with reviewer, correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)</i>
<b>Are there ethical issues in this manuscript?</b>	<i>(If yes, Kindly please write down the ethical issues here in details)</i>	

**Reviewer Details:**

Name:	<b>Iqra Asif</b>
Department, University & Country	<b>Riphah International University, Pakistan</b>