

Review Form 1.6

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| Journal Name: | Journal of Pharmaceutical Research International |
| Manuscript Number: | Ms_JPRI_82667 |
| Title of the Manuscript: | The Mediterranean diet, but not metformin, is effective in the prevention of gestational diabetes: A review of randomized controlled trials |
| Type of the Article | Review Article |

General guideline for Peer Review process:

This journal's peer review policy states that **NO** manuscript should be rejected only on the basis of '**lack of Novelty**', provided the manuscript is scientifically robust and technically sound. To know the complete guideline for Peer Review process, reviewers are requested to visit this link:

<https://www.journaljpri.com/index.php/JPRI/editorial-policy>

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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) |
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| Compulsory REVISION comments | <p>This study is suitable for publication as it provides good information on the use of the Mediterranean diet in the prevention of gestational diabetes, with a meta-analysis that, although includes few studies due to strict inclusion criteria, offers robust evidence on the usefulness of this nutritional intervention.</p> <p>However, the work suffers from errors that I consider serious and some other weaknesses, according to the opinion of this reviewer, in addition to an ethical consideration.</p> <p>Errors</p> <p>In table 2 of the manuscript, the second work by Assaf-Balut et al. (reference 16 in the manuscript, Nutrients. 2018;11(1):66), 115 patients are presented as control group, which in the original work is the group with high adherence to treatment and should be considered as the intervention group and not the control group. Consequently, in the Funnel Plot presented in Figure 3, the beneficial effect of the diet appears assigned to the control group, which reduces the final positive effect of the diet studied on the development of gestational diabetes. This error needs to be fixed and its final effect recalculated.</p> <p>In the same way, the work of Olmedo-Requena et al (reference 20 in the manuscript, Nutrients. 2019 May 1;11(5):1003), the authors take for their meta-analysis a subgroup of all the patients that Olmedo-Requena et al included in their study. This subgroup is considered by the original authors to be highly compliant with the indicated diet. This point is not clarified by the authors and should be. In addition, in Table 2, the data of this subgroup are adequately reported, but in the Funnel Plot of Figure 3, the effect of the Mediterranean diet appears as negative, again decreasing the final effect of this meta-analysis. This error must be corrected, and the final results recalculated.</p> <p>Weaknesses</p> <p>The authors make no mention of the most appropriate time to indicate compliance with the Mediterranean diet, which is specified in each of the papers included in this study.</p> <p>Nor is any reference made to the mechanisms by which this type of diet may have a beneficial effect on the development of gestational diabetes. Some comments on this aspect would improve readers' understanding of this therapeutic intervention and encourage them to prescribe it to their patients.</p> <p>Finally, from an ethical point of view, the authors should inform potential readers that, of the 6 works selected to evaluate the effect of the Mediterranean diet, 4 (references 15, 16, 17 and 19) belong to the same research group, due to the eventual biases that this data could have on the conclusions of the work.</p> | |
| Minor REVISION comments | | |

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| Optional/General comments | In short, this work is publishable, after the major corrections mentioned above. | |
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PART 2:

| | 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) |
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| Are there ethical issues in this manuscript? | <i>(If yes, Kindly please write down the ethical issues here in details)</i> The authors should inform potential readers that, of the 6 works selected to evaluate the effect of the Mediterranean diet, 4 (references 15, 16, 17 and 19) belong to the same research group, due to the eventual biases that this data could have on the conclusions of the work | |

Reviewer Details:

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