

Peer Review

Review of: "Interplay of Psychological Distress, Obesity, and Insomnia among Hypertensive Patients: A Cross-Sectional Study in Bangladesh"

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The author has conducted an important and timely study exploring the complex relationship between psychological distress, obesity, and insomnia among hypertensive patients. The research addresses a crucial area of public health, and the findings are valuable. However, there are two major concerns related to the assessment of key patient data that significantly impact the credibility of the results.

Bias in anthropometric data: The data on height and weight were collected through patient self-reporting, which is prone to significant reporting bias. This method can lead to inaccurate measurements, such as overreporting height or underreporting weight. The study does not appear to have addressed how these biases were accounted for or mitigated in the analysis. Without addressing this potential bias, the conclusions drawn from these data could be questionable, especially in relation to obesity.

Bias in blood pressure measurement: The blood pressure data were also collected through patient self-reporting, which introduces another form of bias. Self-reported blood pressure may not accurately reflect the patient's true hypertensive status, leading to the misclassification of individuals as hypertensive or normotensive. This misclassification could affect the study's conclusions and limit its utility for public health decision-making. Given that hypertension is a key variable in this research, the validity of the findings is compromised.

These concerns raise serious questions about the credibility of the findings, as the biases introduced by self-reporting could significantly distort the results. The current analytical approach does not adequately address these biases, and as a result, the conclusions drawn from the study may not be

applicable to public health recommendations. In its current form, the paper may not be suitable for publication.

Major suggestions:

1. The author could consider exploring psychosocial distress as an outcome variable and its relationship with various socio-demographic characteristics in the general population. This approach would provide more robust insights that are less dependent on biased self-reported data.
2. Anthropometric data (height/weight) and blood pressure data should not be used for evidence synthesis due to the significant bias introduced by self-reporting. Alternative methods for accurate measurement, such as direct measurements taken by trained professionals, should be considered to improve the validity of the data.

In conclusion, while the research tackles an important issue, the current methodology undermines the reliability of the findings. I would recommend revising the study with improved data collection methods before it is considered for publication.

Minor suggestion: The analysis should be reviewed by both an epidemiologist and a statistician.

Declarations

Potential competing interests: No potential competing interests to declare.