

# Review of: "Consumption of Beverages among Secondary and Intermediate Students in Riyadh Schools, Saudi Arabia: A cross-sectional study"

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Potential competing interests: No potential competing interests to declare.

## Dear Editor

The research paper is well-structured and provides valuable insights into beverage consumption among adolescents in Riyadh, Saudi Arabia. It has a clear focus, a sound methodology, and a thorough analysis of the data. The study's limitations are acknowledged, and the discussion is well-grounded in relevant literature. The paper could be improved by providing more detailed information on the questionnaire's design and the potential cultural factors influencing beverage choices. Overall, it contributes significantly to understanding hydration habits among young people in a specific geographical and cultural context.

## Evaluation of this Paper:

1. **Ethical Considerations:** The study obtained ethical approval and ensured informed consent from participants, which is crucial for research involving minors.
2. **Title and Abstract:** The title accurately reflects the study's focus on beverage consumption among students in Riyadh, Saudi Arabia. The abstract provides a clear summary of the study's background, methods, results, and conclusions. It is concise and covers the essential elements of the research.
3. **Introduction:** The introduction provides a strong rationale for the study, highlighting the importance of adequate hydration and the potential consequences of dehydration. It references relevant literature and statistics to establish the context and significance of the research.
4. **Methods:** The study design is clearly described, including the cross-sectional nature, the use of an online questionnaire, and the sampling techniques employed. The stratified random sampling for schools and the non-random sampling for students' parents are well-documented. The inclusion and exclusion criteria are clearly stated, ensuring the study's focus on a specific population.
5. **Results:** The results are presented clearly with detailed tables summarizing the characteristics of the participants and the consumption patterns of various beverages. The statistical analyses are appropriate and highlight significant differences in beverage consumption based on age, gender, and school stage.
6. **Discussion:** The discussion section effectively interprets the results in the context of existing literature and the study's objectives. It highlights the inadequate fluid intake among the participants compared to WHO recommendations and

discusses the potential health implications. The authors also address the limitations of the study, such as the reliance on self-reported data and the potential bias due to the online survey format.

7. **Conclusion:** The conclusion succinctly summarizes the key findings and their implications. It suggests a need for increased awareness and education regarding adequate hydration among adolescents in Saudi Arabia.
8. **References:** The references are comprehensive and relevant, supporting the study's background and findings. The inclusion of recent studies adds credibility to the research.