

Peer Review

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

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Overall comments

Limitations of the manuscript:

Inference on the causal relationships between psychological distress, obesity, sleeplessness, and hypertension is limited by the cross-sectional design.

Self-reported Measures: Due to possible inaccuracies, self-reported data on insomnia and BMI may introduce biases.

Convenience sampling may have an impact on representativeness even while a large sample improves generalizability.

Absence of Longitudinal Data: The study cannot determine the causality of observed connections or the temporal relationships without longitudinal tracking.

Suggestions for improvement:

Longitudinal Research: To clearly define causal links, future research should use longitudinal designs.

Objective Measures: The accuracy and reliability of the results would be improved by using objective evaluations of BMI and insomnia, such as clinical measures and polysomnography.

Broader Sampling Strategies: External validity might be strengthened by using nationally representative samples or random sampling procedures.

Intervention Studies: To further improve the practical implications, future studies should test specific therapies (such as stress management programs or cognitive behavioral therapy).

Overall Impression: This article offers insightful information about the complex health issues that Bangladeshi hypertensive patients experience. Despite certain methodological flaws, the paper's advantages greatly exceed its disadvantages, and it lays a strong foundation for further public health initiatives and studies.

All things considered, it makes a significant contribution by clearly emphasizing Bangladesh's pressing need for integrated mental and physical healthcare.

Attachments: available at <https://doi.org/10.32388/CS2MRW>

Declarations

Potential competing interests: No potential competing interests to declare.