

Review of: "Consumption of Beverage 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.

Introduction: It's great to see that the study objectives are clearly defined and that the importance of water and the potential health risks associated with dehydration are emphasized. However, it would be helpful to have a more explicit statement of the study's significance and how it contributes to existing knowledge. Additionally, providing a brief overview of existing literature on adolescent beverage consumption would provide context for the study. It might also be useful to expand on the global context of beverage consumption trends and how these trends might be relevant to Saudi Arabia.

Methods: The study's methodology has several strengths, including a well-described study design and settings, the use of a stratified random sampling technique, and clearly defined inclusion and exclusion criteria. Additionally, the ethical considerations, including approval and consent procedures, are appropriately addressed. However, there are areas for improvement. For instance, the study could provide more information on the development and validation of the questionnaire, including any pilot testing conducted to ensure its reliability. It is also important to acknowledge and discuss potential limitations associated with the online self-administered questionnaire, such as response bias and the reliance on parental assistance. Furthermore, while the study period is mentioned, it would be beneficial to discuss why this period was chosen and how it might impact beverage consumption patterns.

Results: It seems like the results of the study have been presented clearly, with detailed demographic information and a breakdown of beverage consumption by age, gender, and type of beverage. The statistical analysis, including t-tests, has been appropriately applied, and significant differences have been highlighted. Additionally, the study's response rate (94%) has been provided, contributing to the transparency of the findings. However, there are some areas for improvement. It could be helpful to organize the results section more cohesively, possibly using subheadings to enhance readability. Visual aids, such as tables or figures, could also be included to present key findings more effectively. Furthermore, the interpretation of results could be expanded, discussing the implications of significant differences in beverage consumption patterns.

Discussion: It is commendable that the discussion section effectively relates the study findings back to the literature, referencing other studies on water and beverage intake. The implications of the findings for adolescent health are also discussed, highlighting the importance of proper hydration for mental and physical well-being. However, there is still room for improvement in expanding the discussion on the practical implications of the findings for public health policy and educational programs in Saudi Arabia. It would also be beneficial to consider discussing the broader implications of the

study's findings, potentially linking them to global trends in adolescent beverage consumption. Additionally, a more in-depth exploration of the limitations and potential sources of bias could strengthen the discussion section. Overall, while the manuscript addresses an important topic with relevance to adolescent health in Riyadh, Saudi Arabia, there is still room for improvement in providing a more explicit link between the study's objectives and existing literature, enhancing the discussion of results, and further exploring the practical implications of the findings. Addressing the suggested improvements in the introduction and methods sections will also contribute to the overall strength and impact of the manuscript.