

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.

The aim of the study to evaluate the amounts and sources of fluids consumed by adolescents at age 12-18 in Riyadh schools, Saudi Arabia. It aims to determine also if the recorded amounts and sources are enough and appropriate for adequate daily intake. The authors describe very well the design of the study, the sampling procedures applied for selection of the respondents and also clearly present the empirical findings and their reference to existing literature. My suggestions are the following.

1. The authors may consider adding a table with sample descriptives, including also the distribution of the main variables used in the analysis (sociodemographics and intake variables, etc.).
2. The main questions and the response options should be briefly described in the methods section.
3. It would be informative for the readers to comment on the implications of the study for practice, i.e. the implications for health education or special programs that aim to provide young people with knowledge on healthy practices and positive health lifestyles. Hydration is somewhat overlooked but the study shows that it needs special attention and a focus on developing such behaviors among young people.
4. In the limitations of the study it could be mentioned also that the factors associated with fluid consumption can be explored in a future study. The present analysis identifies important age/gender differences in the consumption of water, tea, milk, etc. It would be interesting also to test the effect of age/gender and other sociodemographic variables on the consumption of these liquids among adolescents. This could be done by the means of regression analysis or other multivariate statistical analyses.