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REVIEWER'S REPORT

Manuscript No.: IJAR- 56646

Title: Developing and Validating a Nutrition Education Booklet for Pregnant Women: A Delphi Consensus Study.

Recommendation:

Accept as it is

Accept after minor revision...

Accept after major revision

Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair	Poor
Originality		Good		
Techn. Quality	Excellent			
Clarity	Excellent			
Significance	Excellent			

Reviewer's ID: Dr. Sumathi

Detailed Reviewer's Report

- 1. Content validity ensures a test or measurement tool comprehensively covers all relevant aspects of the construct it aims to measure, validated by subject matter experts. It is crucial for ensuring accuracy and reducing bias in research, academic, and clinical assessments, often verified through a content validity index (CVI).**
- 2. Educational booklets are versatile tools for enhancing learning, acting as supplementary classroom resources, student-created projects, or informative guides.**
- 3. The Delphi technique is a structured forecasting and decision-making method that gathers anonymous, iterative feedback from a panel of experts to reach consensus on complex problems. It uses multiple questionnaire rounds, with results summarized between rounds to allow experts to revise opinions, reducing groupthink.**
- 4. Maternal nutrition is critical for fetal growth, pregnancy health, and long-term child health, requiring increased intake of key nutrients like folic acid, iron, calcium, and protein. A balanced diet prevents deficiencies, lowering risks of low birthweight and developmental delays. Essential nutrients include folic acid (prenatal), iron (27 mg/day), and calcium (1,000 mg/day).**

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- 5. Nutrition education empowers individuals to make healthy food choices, prevent chronic diseases, and manage conditions like diabetes or high blood pressure through science-based, practical knowledge. Key components include motivation, actionable skills (like meal prep and label reading), and environmental support. Programs often focus on food safety, and budgeting.**
- 6. Developing and validating a nutrition education tool involves a structured, multi-phase approach: defining constructs, creating item pools, expert content validation, pilot testing, and psychometric analysis (factor analysis, reliability, Cronbach's alpha). Effective tools often use social cognitive theory (knowledge, behavior, self-efficacy) to ensure reliability and validity.**
- 7. A Delphi consensus study is a structured, iterative research method designed to gain reliable consensus from a panel of experts on a specific topic. It involves multiple rounds of questionnaires, anonymous responses, and controlled feedback, allowing opinions to converge without direct confrontation or social pressure, typically requiring 70-75% agreement.**
- 8. Key words are good but can add more words.**
- 9. Abstract is given excellent!**
- 10. Result part tables are excellent but for values should be made pie chart or graphs.**
- 11. Summary points must be included.**
- 12. References should be in alphabetical order.**
- 13. Medically very valued research.**
- 14. After a small changes good to publish in your journal.**