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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		✓		
Techn. Quality		✓		
Clarity		✓		
Significance	✓			

Reviewer Name: Dr S. K. Nath

### *Detailed Reviewer's Report*

#### Strengths of the Study

- The study addresses an important public health issue by developing a culturally appropriate and scientifically validated nutrition education booklet for pregnant women.
- Utilizes a rigorous Delphi method involving expert consensus, ensuring content validity and reliability of the educational material.
- Incorporates feedback from both experts and pregnant women, enhancing relevance, usability, and clarity, which improves the practical applicability of the booklet.
- Clear documentation of the validation process, including multiple rounds of evaluation, content validity indices, and inter-rater reliability assessments.
- The study offers a replicable model for validation of educational materials in maternal health.
- Contributes to the field by providing a validated educational resource that can potentially improve maternal nutritional knowledge and practices.

#### Weaknesses of the Study

- The sample size of pregnant women providing feedback on the initial booklet was relatively small (30 participants), which may limit generalizability.
- The study does not include an evaluation of the actual effectiveness of the booklet in changing nutritional behaviors or improving health outcomes.
- The expert panel consisted of 15 experts, which, although acceptable, could be expanded for broader perspectives.
- The methodology lacks detailed discussion on how cultural and literacy appropriateness assessments were incorporated beyond expert opinion.
- No mention of how the booklet content aligns with existing national or international guidelines beyond references, which might affect its universal applicability.
- The manuscript has some typographical and grammatical inconsistencies that could be improved.
- The presentation of tables could be clearer, with more detailed explanation of indices and scoring criteria.

#### Reviewer Comments

- **Title and Abstract:** The title is clear and accurately reflects the study focus. The abstract succinctly summarizes the background, methods, results, and conclusions, but could be improved with clearer

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articulation of the validation process and key findings such as the high CVI scores and perfect agreement levels.

- **Introduction and Objectives:** Well-grounded in literature, justifying the need for validated educational materials. The objectives are clear but could be explicitly stated as developing and validating the booklet to enhance clarity.
- **Methodology and Statistical Analysis:** Appropriately employs a Delphi technique with detailed criteria for expert inclusion and evaluation. Use of CVI and ICC for validation is suitable. However, detailed statistical data, including thresholds for acceptable CVI and ICC values, should be more explicitly discussed.
- **Results and Discussion:** Results are comprehensive, showing high validity indices and expert consensus. The discussion effectively interprets these results in relation to existing literature. However, the mention of the practical implications of the validated booklet could be elaborated.
- **Conclusion and Implications:** Clearly states the usefulness of the validated booklet, with appropriate recommendations for integration into antenatal care and further evaluation of its effectiveness.
- **Ethical Clearance:** Ethical approval was obtained from the Research Ethics Committee of the Faculty of Nursing, Mansoura University (IRB. 468). Informed consent was secured from all participants, aligning with ethical standards.
- **Language and Formatting:** The manuscript contains minor grammatical and typographical errors that need correction for clarity and professionalism. Overall, the language is appropriately formal but could benefit from thorough proofreading.
- **Tables and Figures:** Tables are relevant but could be formatted for clarity. For example, including more explanatory notes for CVI and ICC values would improve interpretability.
- **References:** Adequate and relevant. Consistency in reference formatting should be checked.