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REVIEWER'S REPORT

Manuscript No.: IJAR-58821

Title: Assessment of Malnutrition and Nutritional Status of Underweight Adolescent Girls in Namakkal District, Tamil Nadu: A Community Based Cross Sectional 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

Strength of the study:

- The study addresses an important adolescent nutrition problem
- The sample size of 250 participants is reasonable
- Both rural and urban participants were included
- Anthropometric and haemoglobin assessments strengthen the study
- Dietary intake was assessed using 24 hour recall and food frequency methods
- Socioeconomic and dietary factors were examined
- The nutrition education findings provide practical public health relevance

Weakness of the study:

- The study includes only purposively selected underweight girls, limiting generalization
- The cross sectional design does not establish causal relationships
- Ethical approval is not clearly reported
- Consent procedures for participants below 18 years need clarification
- The nutrition education subgroup contains only 20 participants
- No control group was used for the intervention
- Statistical analysis is relatively limited

Reviewers Comments:

The manuscript addresses an important public health issue and provides useful information on undernutrition, anaemia and dietary practices among adolescent girls. The inclusion of anthropometric, biochemical, clinical and dietary assessments is a positive feature. However, several methodological issues need attention. The study is described as cross sectional, but a nutrition education intervention was also conducted in a subgroup, which requires clearer design and methodology. The selection of only underweight girls through purposive sampling also limits the interpretation of prevalence and generalizability. The intervention includes only 20 participants and has no comparison group, so the improvement in KAP scores should be interpreted cautiously. Ethical clearance is not clearly mentioned, and because participants were aged 12 to 19 years, the manuscript should clearly state parental or guardian consent and participant assent where applicable. The statistical methods require more detail. Grammar, formatting and sentence construction also need editing. Overall, the study is relevant but requires substantial revision before publication.

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An exact title search did not identify an obvious previously published version of this manuscript. However, this does not constitute a formal plagiarism assessment. The manuscript should undergo a standard similarity check before publication. The authors should also verify the originality of the data and confirm that the reported nutrition education findings have not been published elsewhere.