

REVIEWER'S REPORT

Manuscript No.:IJAR-54462

Date: 22/10/2025

Title: Research Question: The Psychology of Color: How Color Influences Human Thought, Emotion, and Behavior

Recommendation:

Accept after Minor Revision

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

Reviewer Name: Mrs. Shreya Vaz

Reviewer's Comment for Publication.

The manuscript presents a comprehensive narrative on the critical role of public health nutrition during adolescence, highlighting unique nutritional requirements, contemporary dietary challenges, and multi-sectoral strategies to address malnutrition's triple burden—overnutrition, micronutrient deficiencies, and undernutrition. It advocates for school based programs, policy interventions, digital literacy efforts, and community engagement to foster lifelong health benefits and intergenerational impact

Detailed Reviewer's Report

This article is based comprises a brief contents.

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International Journal of Advanced Research

Publisher's Name: Jana Publication and Research LLP

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Major Comments

1. ****Clarity and Scope of Objectives****

The manuscript articulates the importance of adolescent nutrition but lacks explicit, measurable objectives. Defining specific goals—such as reducing anemia prevalence by a target percentage—would strengthen focus and enable evaluation of proposed strategies.

2. ****Evidence Base and References****

While the review synthesizes diverse topics, it relies heavily on general statements without systematic citation of empirical studies. Incorporating recent quantitative data (e.g., prevalence of adolescent obesity or anemia by region) and referencing key meta-analyses would substantiate claims about the magnitude of the problem.

3. ****Methodological Rigor****

As a narrative review, the paper does not detail search strategy, inclusion/exclusion criteria, or quality appraisal of sources. Describing these methods is essential to ensure reproducibility and to reassure readers of the comprehensiveness and validity of the literature surveyed.

4. ****Integration of Behavioral and Social Determinants****

The discussion of school meals, digital literacy, and community programs is valuable but could be enriched by examining how social determinants—such as socioeconomic status, cultural norms, and gender dynamics—influence program uptake and nutritional outcomes.

5. ****Implementation Feasibility and Cost Considerations****

Proposed interventions (e.g., sugar taxes, healthy school meals) warrant discussion of feasibility, potential costs, and unintended consequences (e.g., economic impact on low-income families). A brief cost-benefit analysis or reference to successful pilots would guide policymakers.

6. ****Intergenerational Impact Evidence****

The manuscript asserts that improved adolescent nutrition benefits future offspring but does not cite longitudinal studies supporting this link. Including evidence from cohort studies or systematic reviews would reinforce this critical point.

Minor Comments

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1. ****Terminology Consistency****

Ensure consistent use of terms (e.g., “undernutrition” vs. “wasting”).

2. ****Figure or Table****

A summary table comparing key interventions and their reported outcomes would enhance readability.

3. ****Grammar and Style****

- Line 12: consider replacing “Essential for building new muscle, bone, and tissue” with “Essential for synthesis of muscle, bone, and other tissues.”

- Lines 23–24: hyphenate “ultra-processed.”

4. ****Abbreviation Glossary****

Define abbreviations (e.g., “WHO,” “BMI”) on first use.

5. ****Citation Formatting****

Some statements lack inline citations; ensure all data points and direct quotations are properly referenced.

Recommendation

Revise and Resubmit. The manuscript addresses a vital public health topic with clear structure and persuasive narrative. However, it requires enhancement of methodological transparency, incorporation of empirical evidence, consideration of feasibility, and improved citation rigor before acceptance.