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| Book Name: | [Disease and Health: Research Developments](https://www.bookpi.org/bookstore/product/disease-and-health-research-developments-vol-1/) |
| Manuscript Number: | **Ms\_BPR\_4288** |
| Title of the Manuscript:  | **Depressive Symptoms and Lifestyle Related Factors in Japanese Employees** |
| Type of the Article | **BOOK CHAPTER** |

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| PART 1: Comments |
|  | Reviewer’s comment | Author’s Feedback*(Please correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)* |
| **Please write a few sentences regarding the importance of this manuscript for the scientific community. A minimumof 3-4 sentences may be required for this part.** | This study makes significant contributions to understanding employee well-being from both healthcare and management perspectives. From a strategic management viewpoint, the findings are particularly valuable as they demonstrate how organizational policies regarding working hours, breaks (affecting meal times), and workplace culture can impact employee mental health. The research has important implications for leadership practices and organizational policy development, especially in Japanese corporate settings where mental health issues are a significant concern. The connection between lifestyle factors and employee depression provides crucial insights for developing effective workplace wellness programs and organizational interventions. |  |
| **Is the title of the article suitable?****(If not please suggest an alternative title)** | The title "Depressive Symptoms and Lifestyle Related Factors in Japanese Employees" is appropriate and clear. However, to better reflect the organizational implications, a possible alternative could be: "Workplace Lifestyle Factors and Depressive Symptoms: A Study of Japanese Organizations" |  |
| Is the abstract of the article comprehensive? Do you suggest the addition (or deletion) of some points in this section? Please write your suggestions here. | The abstract is well-structured but could be enhanced by:* Including specific sample size (2,220 employees)
* Adding precise statistical values for key findings
* Mentioning the gender distribution (1,069 males, 1,151 females)
* Providing more detail about significant lifestyle factors identified
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| **Is the manuscript scientifically, correct? Please write here.** | Yes, the manuscript is scientifically sound. The methodology is appropriate, statistical analyses are robust, and conclusions are supported by the data. The use of validated tools like CES-D and proper statistical methods adds to its scientific rigor. |  |
| **Are the references sufficient and recent? If you have suggestions of additional references, please mention them in the review form.****-** | References could be improved by:* Adding recent meta-analyses on workplace depression
* Including newer studies on lifestyle interventions
* Updating citations on Japanese workplace mental health
* Adding contemporary research on gender differences in depressio
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| Is the language/English quality of the article suitable for scholarly communications? | The English is generally suitable but needs minor improvements:* Some grammatical refinements needed
* Better flow in discussion section
* More precise technical terminology
* Clearer transition between sections
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| Optional/Generalcomments | Recommendations for enhancement:* Expand practical implications section
* Add more context about Japanese work culture
* Include specific intervention recommendations
* Strengthen discussion of gender differences

Justification:* Strong methodology and analysis
* Important findings and implications
* Clear presentation
* Adequate literature review

Recommended revisions:1. Update references
2. Strengthen practical implications
3. Enhance discussion of gender differences
4. Improve language clarity
5. Add specific intervention recommendations
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| **PART 2:** |
|  | **Reviewer’s comment** | **Author’s comment***(if agreed with reviewer, correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)* |
| **Are there ethical issues in this manuscript?**  | *(If yes, Kindly please write down the ethical issues here in details)* |  |

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| **Reviewer Details:** |
| Name: | **Wan Noordiana Wan Hanafi** |
| Department, University & Country | **Uniten Business School , Universiti Tenaga Nasional , Malaysia** |