

LETTER TO THE EDITOR

Effect of maternal depression and social factors on child's nutritional status: a case–control study in Egypt

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TO THE EDITOR,

In May–August 2022 issue of the *Egyptian Journal of Psychiatry*, Hassan *et al.*, (2022) published a case–control study on the correlation between psychological and social aspects of Egyptian mothers and their children's nutritional status. The study results showed that 38% of mothers of malnourished children had psychological (i.e. depression) and mental problems compared with 12% in the control group, with a statistically significant difference. Moreover, several socioeconomic factors such as maternal age at marriage, maternal education, family income, and crowding index might contribute to the malnutrition of children (Hassan *et al.*, 2022). There are many growth trajectory charts to monitor a child's growth, notably WHO charts and population-specific charts. Importantly, the latter could assess the growth potential of children more faithfully than WHO charts (Ziegler and Nelson, 2012). Accordingly, local growth charts have been formulated for certain pediatric populations (Kułaga *et al.*, 2013; El Mouzan *et al.*, 2017). Hopefully, Egypt has constructed local charts to assess pediatric growth (El Shafie *et al.*, 2021). In the study methodology, Hassan *et al.*, (2022) mentioned that a Z score weight for height of less than -2 SD was considered moderate protein-energy malnutrition, whereas less than -3 SD was considered severe protein-energy malnutrition. Regrettably, they did not state which growth charts were used in the study to evaluate the nutritional status. Therefore, this methodological limitation might make the study findings questionable.

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CONFLICTS OF INTEREST

There are no conflicts of interest.

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