

Peer Review File

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Review Comments

Comment 1: "... sent by an investigator (CW) using online application Sojump (Changsha Ran Xing InfoTech Ltd.) to the sophomores majoring in education 134 in a high vocational school" - did the participants have a unique login or did the authors take steps to guard against duplicate responses to your survey? E.g. IP filtering?

Reply: Thank you for your comment. In the present version, we have described the way we use the Sojump in more details. These added contents suggest that we have avoided the repetition of questionnaires. Please see the highlights by yellow in Page 8, Lines 137-139 in the manuscript.

Comment 2: "Gastrointestinal symptoms. This part mainly includes the presence of gastrointestinal symptoms (i.e., nausea, emesis, abdominal pain, acid regurgitation, eructation, and heartburn, etc.). Each question on the symptom was answered by "yes" or "no"." - this is rather simplistic and vague and does not really allow for meaningful interpretations. Why did the authors not employ validated questionnaires for the assessment of symptoms?

Reply: We have to acknowledge that we were not familiar with the validated questionnaires for the assessment of symptoms, when we designed the present study. Thus, this is really a limitation. It has been also added in the limitations section. Please see the highlights by yellow in Page 18, Lines 306-309 in the manuscript. Regardless, in an ongoing study, we are using the Gastrointestinal Symptom Rating Scale (GSRS) to assess the impact of gastrointestinal symptoms.

Comment 3: "... history of surgery, gastrointestinal diseases, irregular diet, eating out frequently, sharing drinking glasses" - these questions are negatively worded and could skew the responses and study findings. There is also no indication of timeframe or frequency, limiting any potential inferences.

Reply: Your opinion is right. We have to acknowledge that we didn't set the questions regarding timeframe or frequency of irregular diet, eating out, or sharing drinking glasses, when we designed the present study. Thus, this is really a limitation. It has been also added in the limitations section. Please see the highlights by yellow in Page 18, Lines 311-313 in the manuscript.

Comment 4: Diet could be a confounding factor as well as Vitamin D can influence both mood and gastrointestinal symptoms (citation:

pubmed.ncbi.nlm.nih.gov/35396764). The dietary recall questions should be more detailed.

Reply: Your opinion is correct. We have read the relevant literature that the reviewer mentioned. The association of diet with mood and gastrointestinal symptoms deserves further investigation. This point has been added in the limitations section. Please see the highlights by yellow in Page 18, Lines 309-310 in the manuscript. The reference has been also cited.

Comment 5: "Ballou et al. [33] and Lu et al.(36)" - please standardize the style of referencing.

Reply: We have standardized the style of referencing.

Comment 6: Please change "couldn't fully cover" to "could not fully cover".

Reply: We have changed "couldn't fully cover" to "could not fully cover".