all other covariates, the unexplained Indian advantage only reduced by a quarter (from 1.08 to 0.71 parent SDQ points) and remained highly significant. This Indian advantage was largely confined to families of low socio-economic position.

**Conclusion** The Indian mental health advantage is real and is specific to externalising problems. Family type and academic abilities mediate part of the advantage, but most is not explained by major risk factors. Likewise unexplained is the absence in Indian children of a socio-economic gradient in mental health. Further investigation of the Indian advantage may yield insights into novel ways to promote child mental health and mental health equity in all ethnic groups.

**Methods** One hundred and twenty five young women in Aichi Prefecture, Japan, completed the FFQ and 3 day weighed diet records (3d-WDRs) in 2009. We compared intakes of energy and 26 nutrients computed with the FFQ against those with 3d-WDRs as reference.

**Results** Participant’s means (SD) of age and BMI were 20.3 (0.5) years and 23.3 (2.3) kg/m², respectively. No significant difference was found between energy intakes of 1579 (221) and 1576 (258) kcal/day according to the FFQ and 3d-WDRs. Pearson’s correlation coefficients between each nutrient intake derived from the FFQ and 3d-WDRs were 0.29 (energy), 0.18 (protein), 0.26 (fat), 0.28 (carbohydrate), 0.53 (calcium), 0.20 (iron), 0.21 (sodium), 0.33 (potassium), 0.31 (carotene), 0.30 (Vitamin A), 0.36 (Vitamin D), 0.56 (soluble dietary fibre), 0.52 (insoluble dietary fibre), 0.51 (total dietary fibre) and 0.23 (n-3 polyunsaturated fatty acids), respectively. Median percentages for exact agreement and disagreement according to quartile classification of each nutrient intake measured with both methods were 25.6 and 6.4, respectively.

**Conclusions** Similarly to our previous study, we showed considerably high relative validity values for consumption of macro- and micro-nutrients estimated with the FFQ vs those assessed with 3d-WDRs. The FFQ therefore appears applicable for categorising individuals according to consumption of energy and the selected nutrients in dietary studies of young Japanese women.