Reviewer's report

Title: A qualitative synthesis of factors influencing maintenance of lifestyle behaviour change in individuals with high cardiovascular risk

Version: 1 Date: 7 May 2013

Reviewer: Seana Gall

Reviewer's report:

Thank you for submitting your manuscript. It is well written and provides a nice synthesis of the literature. I have a few suggestions.

Minor essential revisions
1. In Table 1, I would like to see lead author listed as well.
2. Are the tables in the correct format for the journal?
3. I don't like the use of abbreviations in the tables. It would be easier to read if the full words were used in the table. The table might be longer but it would still fit in portrait orientation.
4. I don't understand why the theme is called 'psychological (other)' when there doesn't seem to be a category called 'psychological'.
5. Can you expand upon on why your review found mostly facilitators rather than barriers?
6. Given the apparent similarity between the facilitators and barriers for maintenance of lifestyle behaviours and addictive behaviours, could you comment on what strategies are known to be effective in preventing relapse in the prevention setting? Are any of these appropriate for this population group?

Level of interest: An article whose findings are important to those with closely related research interests

Quality of written English: Acceptable

Statistical review: No, the manuscript does not need to be seen by a statistician.

Declaration of competing interests:

I declare I have no competing interests