Reviewer's report

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

Version: 1 Date: 13 May 2013

Reviewer: MAGDALENA C CUENCA GARCIA

Reviewer's report:

This is an interesting review of the literature evaluating the main factors that influence maintenance of lifestyle behaviour change in individuals at high risk of cardiovascular events. Overall the paper covers an interesting methodological question regarding the factors that influence maintenance of lifestyle behaviour change in individuals at high risk of cardiovascular events. The paper is well written, the results are presented clearly and well described. The discussion is appropriate and covers all the necessary major points with regards the methods utilised. However, a lot of decisions are subjectively taken by the author, all this decisions are perfectly justified but also they can be questioned.

The specific comments I can suggest are:

Abstract:
‘eating less’ is not a appropriate concept, I suggest using ‘healthy diet’

Introduction:
Regarding the last part of this sentence (in bold type): ‘Much of the theory and evidence informing relapse prevention strategies comes from the addictions literature in relation to alcoholism, smoking and obesity [10-12], with comparatively little relating to physical activity and poor diet’. I am disagree with authors, in addition, the majority of the papers selected for this review of literature have used physical activity and diet as preventing strategies.

Method. Quality Assessment
‘The quality of the studies was assessed using a 36-item too’, could the author be more specified?

Results:
Please, you do not provide a reflexion or critic comments in the result section.
Please, define ‘COPD’.

Discussion:
The next sentence should be referenced: “The literature, however, only offers us the factors and as such we cannot explain the nature of the links or how they may differ between individuals or perhaps types of individuals”.

Figure 1:
Boxes with bold text and darker lines are not well identified in the figure 1
Level of interest: An article whose findings are important to those with closely related research interests

Quality of written English: Acceptable

Statistical review: Yes, but I do not feel adequately qualified to assess the statistics.

Declaration of competing interests:

There are no competing interests.