Reviewer’s report

Title: The influence of lifestyle beliefs on lifestyle behaviour following stroke: findings from a focus group study of patients and family members.

Version: 1 Date: 9 August 2010

Reviewer: Miren M.I. Jones

Reviewer’s report:

This is a well written paper and the findings will be relevant to other health conditions as well as stroke. However the discussion is quite long and could be shortened.

Major compulsory revisions

1. There is some repetition of the results in the discussion, eg in paragraph 3 in the discussion on information and a balanced diet; paragraph 6 carers behaviours.

2. In Limitations, transferability is only considered in terms of ethnicity. Deprivation may also be important and should be considered.

3. How do these findings on patients' lifestyle beliefs and behaviour following stroke relate to findings in other health conditions eg following heart attack, where behaviour change is also important?

Minor essential revisions

4. Focus groups with patients with communication difficulties is clearly challenging. More information would be useful - were patients and family members in the same focus group?, how long after their stroke did the focus groups take place? (patients' ability to take in information in the early stages is mentioned in the results), number of people present in each group.

5. The same quote is used twice in the results. The last quote in the section Behavioural Beliefs is also used in the penultimate quote in Normative Beliefs. While a statement may be coded under several different themes, different quotes should be used to illustrate each theme.

6. Each table is presented split into two and shown side by side, with data in 3 columns. Frequency and % in 2 columns are usually presented as number (%) in one column. The tables would be better as 2 longer tables, or combined into 1 table with matching subheadings.

Level of interest: An article of importance in its field

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 that I have no competing interests