Author's response to reviews

Title: Physical activity in Iranian older adults who experienced fall during the last 12 months

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Author's response to reviews: see over
Dear Dr. Helbostad,

MS: 1405054127131351
Physical activity in Iranian older adults who experienced fall during the last 12 months

Thank you for your e-mail forwarding your comments to us. We found these very helpful in order to improve the manuscript. Please find the following point-by-point changes as recommended:

Editorial Comments:
Thank you for the revised version of the manuscript where you have answered most of the comments from the reviewers and myself. I have some additional comments that you must answer before decision upon acceptance is made. The manuscript also needs to undergo professional copyediting. I look forward to a second revision that I will make a decision upon.

Abstract:
- The mean score for self-reported physical activity among participants was 56.2±46.7. This does not give meaning as the scale is not given. Please add information here.
- Please write PASE in full length before using the abbreviation.

The mean score was deleted from here and the PASE spelled-out.

Last paragraph, page 3: delete last part of the sentence "in future": Approximately 30% of older adults who have experienced a fall reported that they have a fear of falling in future

Thank you. Done.

2nd line page 5: "were suffering from serious illness or experienced surgical operation": say surgery instead of surgery operation.

Thank you. Done.

Page 5: last paragraph: I want you to expand even more on the development of the questionnaire: based on the Decision balance scale and the focus group discussion (interview???) how was the question decided? Which method was used??

This was further amended as suggested:

We asked participants to discuss about pros and cons of physical activity considering their own and others' experiences. In fact they were prompted to think about benefits of and barriers to physical activity for themselves and for others. We used this information to aid in item writing. Then benefits and barriers generated by participants in addition to what we derived from the Decision Balance Scale were reviewed and written in item form. All items were reviewed and edited for clarity and conciseness. Finally we developed a
questionnaire that contained two subscales: the Benefits of PA subscale and the Barriers to PA subscale.

Results, 1st paragraph: P value: use lower case letter for p values. Done.

Page 9, second paragraph: "Perhaps use of current Information and Communication Technologies (ICTs) might help to overcome the problem. However, as suggested the need for indicating that the technologies are simple, reliable and effective are essential [29]." I cannot see the rationale for talking about ICT here. Either you must expand on the argument or skip it. This was removed as recommended. Instead we amended the last sentences: The association between fear of falling and PA was also found in another study where of the 54 elderly who reported fear of falling, 41 subjects (75.9%) reported activity modification secondary to fear [28].

Page 10, limitations: "In fact they seemed to have higher socioeconomic status than the general older population". Are data given for this argument? No, data not given for these and thus we revised the sentence as follows: We did not collect data for these, but we speculate that our sample had higher socioeconomic status than the general older population.

Hope you find the corrections satisfactory.

I wish you all the best.

Kind regards

Ali Montazeri