Reviewer’s report

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

Version: 1
Date: 4 July 2014
Reviewer: Elisabeth Boulton

Reviewer’s report:

Major Compulsory Revisions

1. Background, paragraphs 1 & 2: The references 1, 3, 4, 5 and 6 are over 10 years old and the authors should reference more recent work on falls and falls prevention. For example:


2. Background, paragraph 3: Reference 9 is 20 years old. There are many more recent studies, publications and policies regarding the advantages of physical activity that should be referenced, such as:


3. Methods, paragraph 2 (sampling): The authors need to be clearer about inclusion and exclusion criteria. Who uses the centres? What are their characteristics?

4. Methods, paragraph 6 (Perceived benefits and barriers): I am not clear what the authors mean in the second sentence. Was the 16-item questionnaire used in ten focus groups? Were ten focus groups held with 20 people in each, or 20 in total? Or was the questionnaire developed from the focus groups? This section needs to be clearer. What was the role of the focus groups?

5. Methods, paragraph 7 (Additional measures): Was a validated tool used? If so, which one? If not, why not?

6. Discussion, paragraph 2: Reference 20 is 12 years old. More recent work should be referenced, such as: Baert et al. (2011) Motivators and barriers for


7. Discussion, paragraph 3: Reference 22 is 16 years old. More recent research on fear of falling should be referenced, such as:

8. Discussion, paragraph 4: ‘Lack of accompany ‘ was the third top barrier as well 30’ This sentence needs revising. “lack of accompany” does not match the categories in Table 2. Are the authors referring to “I don’t have anyone to exercise with”? This also raises another issue: in the survey, the term ‘exercise’ is used, yet in the article the authors refer to physical activity. The two terms have different definitions.
What are the authors writing about? Physical activity, or exercise? Clarification is needed on what the participants were being asked about in the survey.

9. Discussion, paragraph 4: Reference 25. Why has this reference been used? Do the authors mean to say that the current research reinforces the work referenced here? Be explicit about why the references are made.

10. Discussion, paragraph 5: Here the authors are talking about activities of daily living, yet the categories in Table 2 are about exercise. Again, clarity needed about how physical activity is being defined and if this is being regarded the same as, or different from, exercise.

11. Discussion, paragraph 6: reference 27 is 12 years old. More recent work
should be referenced, such as:


12. Discussion, paragraph 7: How do the elderly differ? Can you explain this in more detail? For example, is their socioeconomic status higher or lower than the general older population?

13. Conclusion, paragraph 1: The conclusion needs more content. What else do the results indicate? What do the findings mean for further research, policy and practice? What are the implications of the research?

Minor Essential Revisions

14. See grammatical and spelling corrections in ‘minor issues not for publication’.


Discretionary Revisions

16. Results, paragraphs 2 & 3: Could the authors put the tables into this section, rather than situating them at the end of the article? This would improve the readability of the article.

Minor issues not for publication

17. Abstract, background, paragraph 1: ‘risk of fall’ should read ‘risk of falling’.

18. Abstract, background, paragraph 1: ‘prevent this population to show interest for physical activity’ should read ‘prevent this population from showing interest in physical activity’.

19. Abstract, background, paragraph 1: ‘barriers of physical activity’ should read ‘barriers to physical activity’

20. Background, paragraph 1: ‘among alder adults’ should read ‘among older adults’.

21. Background, paragraph 1: ‘experience fall’ should read ‘experience a fall’.

22. Background, paragraph 1: ‘Fall might result fear of subsequent fall’ should read ‘Falling might lead to fear of subsequent falls’.

23. Background, paragraph 2: ‘of old population’ should read ‘of the older population’.

24. Background, paragraph 2: ‘proportion of older’ should read ‘proportion of the older’
25. Background, paragraph 2: ‘high prevalence of fall’ should read ‘high prevalence of falls’ or ‘high prevalence of falling’.

26. Background, paragraph 3: ‘risk of fall in elderly’ should read ‘risk of falls in the elderly’.

27. Background, paragraph 3: both instances of ‘fear of fall’ should read ‘fear of falling’

28. Background, paragraph 3: ‘researches’ should read ‘researchers’.

29. Background, paragraph 3: ‘barriers of PA’ should read ‘barriers to PA’.

30. Methods, paragraph 1: ‘October 2011, and June’ should read ‘October 2011 and June’.

31. Methods, paragraph 2 (sampling): ‘locating’ should read ‘located’.

32. Methods, paragraph 5 (Physical Activity Scale for Elderly): ‘reneges’ should read ‘ranges’.

33. Methods, paragraph 6 (Perceived benefits and barriers): ‘of questionnaire’ should read ‘of the questionnaire’.

34. Methods, paragraph 6 (Perceived benefits and barriers): ‘barriers of physical activity’ should read ‘barriers to physical activity’.

35. Methods, paragraph 7 (Additional measures): ‘12-items’ should read ‘12-item’.

36. Discussion, paragraph 1: ‘low physical activity’ should read ‘low levels of physical activity’.

37. Discussion, paragraph 3: all instances of ‘fear of fall’ should read ‘fear of falling’.

38. Discussion, paragraph 3: ‘in current study’ should read ‘in the current study’.

39. Discussion, paragraph 4: all instances of ‘fear of fall’ should read ‘fear of falling’.

40. Discussion, paragraph 4: ‘didn’t’ should read ‘did not’.

41. Discussion, paragraph 4: ‘is significant correlation’ should read ‘is a significant correlation’.

42. Discussion, paragraph 6: ‘risk factors more effective’ should read ‘risk factors are more effective’ or ‘risk factors can be more effective’.

43. Discussion, paragraph 7: ‘Further study needed’ should read ‘Further study is needed’ or ‘Further studies are needed’.

44. Conclusion, paragraph 1: ‘indicated’ should read ‘indicate’.
Level of interest: An article whose findings are important to those with closely related research interests

Quality of written English: Needs some language corrections before being published

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.