Reviewer's report

Title: Association of Self perception of weight with actual weight in adults presenting to primary care clinics in Pakistan: a cross sectional study

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Reviewer: Kristiina Ojala

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The revised manuscript and its title have developed into more coherent and logical form compared to the original version. The authors focused now on the overweight and obese people's weight misperception and its consequences, i.e. not being motivated to reduce their weight for health reasons. In this respect the authors have answered given points sufficiently. However, the quality of written English is still not good enough.

The description of methods, i.e. setting and sampling; ethics; procedure; instrument; dependent and independent variables; and statistical analysis, have improved notably compared to the earlier manuscript. Especially the description of characteristics of the study population has got better. The authors also describe the recruiting of the participants to the study quite well.

The authors proved existing disconcordance between body mass index and self-perceived weight in overweight and obese adults. They concluded that the associated factors leading to the underestimation of weight in overweight and obese participants were: age over 40 years; being male; being happy with one’s weight or not thinking about it; and not knowing one’s ideal weight. They also pointed out that only one third of the overweight participants reported getting advice regarding weight from health professionals. Nevertheless, weight misperception is handled in a narrow way in the discussion and conclusion, and should be placed in a wider context of health promotion.

Major Compulsory Revisions

The authors should realize the nature of nonprobablity convient sample better. The results as such are informative and thought-provoking, so the lack of country representative sample can be arguable. Some limitations in generalization of the results are pointed out as requested, but for example the total amount of participants and unequal gender distribution are still not discussed. Table 1 has been nicely reproduced and should be exploited!

I would still advice not to stress tertiary prevention (“Therefore educating PATIENTS about healthy weights and correct weight perception may be the critical initial steps towards addressing the problems of obesity”) in the conclusion of this study, particularly since the study population included attendants, and was not a sample of clinical patients as such. In addition, the authors themselves reported that almost two thirds of those participants, who
reported to have been advised about their overweight, misperceived their weight – so counseling at that point seems to be an ineffective way. This gives me a boost to repeat my view of the importance of preventing weight accumulation through healthy eating and adequate exercise habits which are not focused on weight lost. In fact, higher body satisfaction has been proved to be associated with less weight gain among overweight people. The authors could also consider the importance of other factors - they already state that probable reasons for misperception may include socio demographic factors – as well as the actual share of accurate perception of body weight in weight control behaviour.

Minor Essential Revisions

Abstract; conclusion
Do the authors want to start the conclusion by describing the general disconcordance between BMI and self-perceived weight (see Fig. I) – or should there be interpolation: “in this cross-sectional sample of overweight and obese Pakistani people”? It’s a minor thing but not totally clear to readers.

Results, 3rd paragraph
I propose rephrasing the last sentence of 3rd paragraph: the word “more males than females” refers to amount of participants, not to proportion (%).

Discussion, 3rd paragraph
Different BMI cut off points (Asian and WHO) are used in the studies which are compared to each other, and should be indicated clearly, for example by adding the cut off points to the previous sentence.

Discretionary Revisions -

Here is an example: Introduction, 2nd paragraph
The complicated sentence of “For weight loss attempts, awareness of weight status is considered to be an important determinant, as advice given to overweight people may go unheeded if the person doesn’t consider himself to be overweight/obese as suggested by behavior change theories” could be divided into two parts; “For weight loss attempts, awareness of weight status is considered to be an important determinant” and “Behavior change theories suggest that advice given to overweight people may go unheeded if the person doesn’t consider himself to be overweight/obese” or firmed up otherwise.

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 interest below.