Reviewer's report

Title: Recommendations to improve physical activity among teenagers- A qualitative study with ethnic minority and European teenagers

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Reviewer: R. Patti Herring

Reviewer's report:

Comments on the manuscript: “Recommendations to improve physical activity among teenagers- A qualitative study with ethnic minority and European teenagers”.

The researchers assessed from teenagers themselves, factors, which motivates them to engage in physical activity, their perceived barriers, and recommendations for encouraging more of them to do some form of physical activity.

1. The questions posed by the authors are well defined and adequately addressed. The responses from the youth are very interesting and thought provoking.

2. Using qualitative data methods in assessing young people’s perceptions is usually beneficial in that teenagers can be vocal when given the opportunity, particularly when they are in a group with their peers.

However, I think adding another qualitative data method i.e., personal one-on-one interviews might have strengthened the study, and embellished the data. As discussed by the authors, some of the girls found it difficult to talk in a group with the recorder going; perhaps they would have been more forthcoming on a one-on-one basis.

Nonetheless, the data was rich, and the quotes added to the soundness of the data. In addition, the authors made it clear that this portion is only one part of a larger study.

3. As stated earlier, the qualitative data methods are appropriate, but triangulation (using more than one data source would have enriched the data.

4. The discussion and conclusions are well balanced and adequately support the data.

5. The limitations are clearly stated.

6. The writing is acceptable, clear, and concise. It was very interesting reading.

7. The title and abstract support the topic well giving the reader a clear idea of the focus of the study.
8. One section in the manuscript however, is a little confusing in that it is titled “Interview setting”, which confused me for a minute . . . thinking the researchers, did some personal one-on-one interviews as well as focus groups. I think the heading instead should have been “focus group setting”. In addition, explaining the focus group setting in a little more detail would have cleared up some confusion in terminology.

9. Nonetheless, a very good manuscript, which I recommend for publication. It is nice reading what the kids have to say.

10. See further comments on the attached manuscript.

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 not competing interest below.