Reviewer's report

Title: Relationship between leisure participation and leisure constraints of Taiwanese breastfeeding mothers

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Reviewer: Li-Yin Chien

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The topic of this article seems interesting, but the study is limited in several aspects. The main problem is the validity of the sampling and measurement. Major compulsory revisions:

1. Abstract: There is no explicit purpose statement in the abstract. Besides, the “attempts to understand…” statement here is not consistent with the study objectives inside the manuscript (the last paragraph of Background). Your participants stated in the Abstract were “mothers with breastfeeding experience of more than 4 months.” But in Table 1, 80 (16.2%) mothers breastfeed <=4 months. The Results in the abstract did not answer the “attempts to understand…” statement in the Background. The conclusions “nursing-friendly environment” was not supported by the results presented.

2. Background: There is a lack of the importance of leisure participation and constraints putting in the context of breastfeeding mothers. In the end of the third paragraph, the authors mentioned “none of these studies explored the relationship between breastfeeding and leisure of women.” But this study can not answer this question either. The health benefits of leisure to women should be put in the context of breastfeeding mothers. Besides, without the data on leisure participation and leisure constraints of working women or mothers who did not breastfeed, the results of this study cannot be compared in order to yield meaningful implications. The objective statement seems sparse. Linkage among the 4 objectives is not clear, especially the objective d.

3. Methods: Participants and method overview need to precede the measurement section. What are the inclusion criteria for the study participants? As mentioned above, there are some inconsistencies regarding duration of breastfeeding. Also in the Table 1, it seems that the authors included mothers who had the experience long ago, as indicated by age of the youngest children. Recall bias threatens the validity of the study. Also promotion program regarding breastfeeding in recent years may change the relationship under study. Without specific inclusion criteria or statement regarding target population, it is difficult to explain the results meaningfully. Also, how do you validate the qualification and responses of your study participants? Is the online form only accessible in Taiwan? Or women from other country can fill up as well? There is a lack of validity data regarding the scale used. Also for the questions regarding breastfeeding, women changed their breastfeeding practices during different time period. For example, during the first month postpartum, leisure participation may
not be a problem at all due to the doing-the-month practices. After women return to work (usually at 3 months postpartum), they changed the practices from exclusive breastfeeding to mixed feeding. Your measurement is too simplified to reveal the differences.

4. Results: The descriptives of your study participants suggested that your participants were quite different from the general reproductive population in Taiwan. For example, 19% with a post-graduate degree and 69% with a University degree (Table 1). How do you classify women as “exclusive breastfeeding” (Table 1)? Exclusive breastfeeding at what time point or during the whole duration of breastfeeding? What is caregiver? Is it caregiver to the child? Again, at what time point? The answers to those questions depend on which time point that you refer to. I do not understand the use of cluster analysis to divide your participants into Behavior Group and Cognitive Group (Table 2). Most of the items did not differ between the 2 groups. Even for those items with significant differences, the absolute difference is low. Besides, the rationale under the label of “behavior group” and “cognitive group” should be explained. The authors should consider combining Table 3 and 4, because most of the data are overlapping. Why do you want to examine the differences between leisure participation and preference? For busy modern people, I think that there are always differences between leisure participation and preference. But what do the differences mean? Is it purely from breastfeeding constraints? Many other factors could play a role. Table 5 is very confusing and need to be reorganized.

5. Discussion: Without comparing the leisure constraints of breastfeeding mothers to other group (non-breastfeeding mothers or other population), it is hard to discuss the results meaningfully. Parts of the discussion, such as unfriendly environment, are beyond the finding of this study. Validity of the data and sampling need to be discussed. There is a lack of linkage between leisure constraints or leisure participation and meaningful health outcomes.

Level of interest: An article of insufficient interest to warrant publication in a scientific/medical journal

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.