Reviewer's report

Title: A pilot study comparing two weight loss maintenance interventions among low-income, mid-life women

Version: 1 Date: 18 March 2013

Reviewer: Wagner Luiz Prado

Reviewer's report:

Major Compulsory Revisions

What is the rationale to focus on SES women? Is weight loss/maintenance influenced by the SES? It is essential that the authors present this in the introduction.

Why 8lbs was used as cutoff? Please provide reference.

The methods section is too long and confused; the authors should rewrite it in a more clear way.

The results section is confused, with several data regarding the secondary variables which hide the main outcome of the study. In my opinion the authors should focus on the main question of the paper: there are differences between the interventions in weight loss maintenance?

In the discussion the authors did not comment anything regarding the SES. All comparisons are made with studies with other population. The discussion needs a spin over to be in accordance with the introduction, and the rationally to develop the study.

Minor Essential Revisions

The units of BMI are missing in the whole manuscript.

What is the statistical power of the analyses? There was a sample size calculation for the second phase of the study?

Tables should be reformulated using a more appropriate format

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

Quality of written English: Acceptable

Statistical review: Yes, but I do not feel adequately qualified to assess the statistics.
Declaration of competing interests:

I declare no competing interests for this study.