Reviewer's report

Title: Weight misperception amongst youth of a developing country: Pakistan -A Cross-sectional study

Version: 2 Date: 16 April 2013

Reviewer: Stefanie Helmer

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Title: Weight misperception amongst youth of a developing country: Pakistan: A Cross-sectional study

Major Compulsory Revisions:

The manuscript reports misperceptions among Pakistani adolescents based on a secondary analysis of data of a cross-sectional study. The authors showed gender-specific over- and underestimations. The re-submitted paper has improved but there is still a lack of clarity concerning some issues. More changes and adjustments of the paper are needed. I have made specific suggestions and comments for revision below.

I hope that the authors will find these suggestions useful.

Abstract:

1) P.2, Results: The given information about the characteristics of the sample in the results section of the abstract is interesting; anyway as it is not a main finding it is not important for the abstract. I would encourage the authors to give more information about the misperceptions (e.g. over- und underestimation, which kind of misperception is measured …).

Introduction:

2) P.4, 2nd paragraph, last sentence: Please provide a citation for this sentence.

3) P.5, 2nd paragraph ‘The CDC national Youth Risk Behavior Survey […]. Please show more details: Where was the study conducted? What was the age of the adolescents?

4) P.5, 2nd paragraph, last sentence: Please give more information about the sample and the findings of the cited study from Turkey [11].

Methods:

5) P. 7, Data collection: Please explain why the questionnaire was written in English.

Results:

6) P. 10, Demographics: Please provide a more detailed description of the sample (e.g., in terms of gender, study subject, nationality, etc.)? This is important for a comparison of your study with previous and future studies in this field.
7) P. 10, Weight misperception: The findings are interesting. Anyway, I would like to read a more detailed description of the results. You have found some significant associations. Please give more information (e.g. Females are more likely to underestimate their weight...).

8) P. 10: Analysis in different misperception subgroups could bring benefit to the analysis. Furthermore a stratified analysis by the field of studies of the participants would be interesting. Did you check if there were different perceptions and over-/underestimations across different subjects?

Discussion:

9) I see problems concerning the main question of your analysis. The question: Do you consider yourself as a) average b) thin c) fat is very subjective and ‘fat’ is a difficult word. Not everyone who is overweight is/or considers him/herself as fat. I would like to read about this issue in the limitations chapter.

General:

10) In the abstract there are grammar mistakes. Reading ahead, I see that this is a consistent pattern throughout the manuscript. I suggest submitting the manuscript to an English language editorial service or a native speaker for language revision.

11) Basic terms are spelled inconsistently. The authors should be ensured that uniform spelling is used, e.g. cross-sectional, misperception...

Minor Essential Revisions:

Abstract:

1) P.2., first sentence/Background: Please replace weight by Weight.

2) P. 2, l. 8 ff: This sentence is very long and confusing. Please restructure the sentence.

Background:

3) P.4, 1st paragraph: Please replace Underweight misperception by underweight misperception.

4) P. 4, 3rd paragraph: You provided a lot details on underweight in the Pakistan population. Similarly, please give more information about overweight in Pakistan. The section on this issue is comparatively short.

5) P. 4, 3rd paragraph ‘Similary, the effects of being underweight […] in both sexes’. Please show a citation for this information.

6) P.5, 1st paragraph: On page 4 you mentioned that both sexes have a high risk for being underweight. In this regard, please also show an approach how to reduce underweight in males.

7) P.5, 3rd paragraph: ‘To date, no comprehensive study […]’. Is the information referring to the youth of Pakistan? Please clarify.

8) P.5, 4th paragraph: The section is very confusing. Please alleviate the complexity of the sentence.
Results:
9) P.10, self-perception: More detailed information on the significant association could bring additional benefit. Which sex shows which kind of perception?
10) P.10, Weight misperception: Please replace mis-perception by misperception.
11) P.10, Weight misperception: ‘[…] was found to be significant;’ Please delete ;
12) P. 10, Last paragraph: Please replace Misperception by misperception.
Discussion:
13) Overall: Please preplace XX et al by XX et al.
15) P 13, Overweight misperception in Females: Please replace Female by females.
16) P 13, Overweight misperception in Females: ‘Over estimating their weights were a less common finding in our setting, nevertheless one group outnumbered the rest. These were the underweight females over estimating their weights.’ Please replace over estimating by overestimating and make sure that terms are spelled consistently in your manuscript.
17) P. 15, solution: ‘Therefore it is important for health professionals to identify both underweight and overweight/obese’ Please replace obese by obesity.

Discussion:
1) P. 14: ‘Wardle et al. showed that about half of the female students from 22 different countries were trying to lose weight when majority had normal BMI.’ This sentence is not easy to understand, please clarify.

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.