Reviewer’s report

**Title:** What do adolescents want in order to become more active?

**Version:** 1 **Date:** 25 May 2013

**Reviewer:** Alison Gallagher

**Reviewer’s report:**

The authors address an area that is currently poorly understood namely, adolescents’ views about increasing their own physical activity; a better understanding of which will help us in targeting appropriate and relevant interventions for this age group. The authors provide a comprehensive and balanced discussion of their results, clearly articulating the limitations of the work and the conclusions reflect their findings.

**Discretionary Revisions**

The authors use data from the SPEEDY study for this analysis and the authors clearly explain the flow of participants through the study in terms of follow-up.

The authors note that at four year follow up some self-reported height and data was obtained (for parents completing the survey over the summer period). It would be helpful to know what proportion of the group provided self-report height and weight? Was this combined with objective measures of height and weight? Can the authors comment on the quality of such self-report information?

The authors note the rigorous methods applied to collecting the accelerometry data (for which they are commended), however at the data analysis stage, objective physical activity data are presented where a minimum of one day is recorded. Can the authors comment on the proportion of recordings included and whether these fall proportionately across weekday and weekend days?

Table 2: the text suggests that ‘more adolescents wanted to increase physical activity with friends than family’. Presumably the authors report this because it was a statistically significant finding – it would be appropriate to add the P values (chi-square) to table 2 to confirm this and the other differences noted in the text of the results section.

**Minor Essential Revisions**

The tables as presented would benefit from a revisit in terms of formatting; at present I feel that they are not sufficiently standalone and at present are incorrectly titled with two ‘table 2’, one ‘table 3’ and no ‘table 4’.

**Level of interest:** An article of importance in its field
Quality of written English: Acceptable

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

Declaration of competing interests:
I have no competing interests in relation to this paper