Reviewer's report

Title: Awareness of physical activity in healthy middle-aged adults: A cross-sectional study of associations with sociodemographic, biological, behavioural, and psychological factors.

Version: 1 Date: 28 February 2014

Reviewer: Lilian Lechner

Reviewer's report:

An interesting study on a relevant subject. This study brought the research line on awareness one step further by assessing PA with real objective measurements. It is good to see that results are very much in line with the previous studies in this awareness field.

Some minor details:

1) I do not see sufficient reason for testing two separate models in Table 2. It could well be that some of the differences found in Model 2 are influences by the differences from Model 1. By not correcting for these differences in Model 2, there is a substantial chance that differences found were not related to misperceiving physical activity, but to differences in characteristics from Model 1 (especially the socio demographic factors). Why not present an overall model? I doubt that the reference of Bauman provides enough solid ground for these complete separate models.

2) In the discussion it is stated that very little is known about the effects of personalised feedback on awareness of physical activity, intention and behaviour. However, there have been several RCT’s who explicitly focussed on changing health behaviour through explicitly increasing awareness of health risk behaviours, for physical activity (e.g. Van Stralen ea, 2011) as well as for other health behaviours.

Reference


Level of interest: An article of outstanding merit and interest in its field

Quality of written English: Acceptable

Statistical review: Yes, and I have assessed the statistics in my report.

Declaration of competing interests:
I declare that I have no competing interests