Reviewer's report

Title: Weight management interventions in adults with intellectual disabilities and obesity: a systematic review of the evidence

Version: 1 Date: 21 June 2013

Reviewer: pamela PM mcintosh

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Minor Essential Revisions
1. Abstract
   ‘classified according to inclusion ...’
2. Results, literature search, para 2
   ‘single stranded studies where before ...’ (spelling)
3. Results, Behaviour change interventions, para 5
   ‘encourage them to practice what they ... (delete ‘of’)
4. Results, Behaviour change interventions, para 6
   ‘Fox et al included ... (delete ‘In’)
5. Results, Behaviour change interventions, study limitations
   ‘McCarran and Andrasik reported having incidents of drop outs (n=3) ...’
   (4 drop outs mentioned in table 1)
6. Results, Dietary interventions, study outcomes
   Antal ... nine months (mean weight loss: -13kg males and -16kg females)
   (words missed out)
7. Results, Physical activity interventions, para 4
   ‘... included the prescription of 225-300min... (wrong number)
8. Results, Multi-component interventions, para 2
   ‘... physicians and dieticians.’ (spelling)
9. Results, Multi-component interventions, para 12
   ‘... recruited small numbers of participants none were based ...
   (punctuation required)
10. Discussion, What components, para 4
    ‘225-300min’ (delete kcal)
11. Discussion, What components, para 5
    ‘... maintain change in cognitive behaviour’ (add word)
12. Discussion, What components, para 5
Transtheoretical (spelling)

13. Discussion, What components, para 8
   ‘... while using health services [56] (wrong reference)

14. Table 1
   ‘Sailer, 2006’ (add date)

15. Table 5
   ‘Bradley, 2005’ (spelling)

16. Table 5
   Chapman, results ‘(b) Mean BMI change, kg/m²; +? (figure missing)

17. Table 6
   Harris, participants, weight status: (hyphen not very obvious. Can an explanation be given instead?)

Discretionary Revisions
1. Results, Dietary interventions, para 3
   I would consider very low calorie diets as less than 800 kcal.

2. Results, Multi-component intervention, para 4
   ‘... to develop individualized dietary plans’ in addition to the weekly group sessions. (Addition to tie in with paragraph 2 that mentions the majority of studies were group sessions and to differentiate from studies 37 & 38.)

3. Discussion, What components, para 3
   ‘... may consider a healthy balanced diet will not disturb the dietary pattern ... and will not cause distress.’
   (Not sure I agree with this statement. Encouraging obese adults with ID to follow a healthy balanced diet generally results in a substantial energy deficit, and, for example, asking them to snack less will disturb their dietary pattern. Using accessible communication and involving the person in the decision making process will also reduce the likelihood of distressing the person.

Quality of written English: Acceptable

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.