Author's response to reviews

Title: Patterns of weight loss and supplement consumption of male wrestlers in Tehran

Authors:

Ramin Kordi (ramin_kordi@tums.ac.ir)
Vahid Ziaee (ziaee@tums.ac.ir)
Mohsen Rostami (rostami.moh@gmail.com)
Angus.W Wallace (angus.wallace@rcsed.ac.uk)

Version: 3 Date: 28 September 2010

Author's response to reviews: see over
Reviewer number: 1
Reviewer's report:

Major Compulsory Revisions
NIL

Minor Essential Revisions
1. Introduction
## Line 3, replace “to be certified” with “to be qualified”

Yes, We did so.

2. Methods
## P 3, Line 6, Extent of weight loss, Method (should use small cap)

We changed them all to the small cap

3. Body Fat Measurement
## P 4, The method recommended by the National Collegiate Athletic Association of the US (NCAA) was employed for the skin fat (should be skin fold). And pls make sure you have changed all “skin fat” to “skin fold”.

We changed skin fat to skin fold here and elsewhere.

## P5, 2nd line, Lohman’s equation and Brozek’s equation were used to calculate the percentage of body fat…..

We corrected that statement

## Delete: Skin fold measurements were obtained in the following manner:……………………approximately 3 cm from the umbilicus

Ok, We did so and the exact site of skin fold measurements can be found using the references.

## Under Body Fat Measurement in page 4, delete from “For the measurement of skin fold, tester……..he waited 1 to 2 seconds then read the caliper”

We deleted this part.

4. Methods of weight loss
## 1st line of paragraph, delete the reference in brackets (2,6, 10, 19-23) after Table 3. And all references in brackets after Table in the script.

Ok, We did so

## P8, 1st line, delete “In other words”
We deleted this phrase.

5. Consumption of supplements
   ## Very end of paragraph put down (Table 5,6)

It is put in the place

6. Percentage of body fat
   ## P9 first line, %1.9 should be 1.9%

Yes, We changed it

7. Discussion
   ## Methods of weight loss, delete references after Table

Yes, we did it here and elsewhere

## Prevention of weight loss, line 5, important for wrestling success, Even (should be small cap)

Yes, We changed it to small cap

##

8. Pls rename Table 2, current title is poor English and doesn’t clearly describe the table

We changed the title

9. Table 3
   ## should be Number of Wrestlers in the US?

We corrected it. It should be “our subjects”.

## What is the * denotes after “Wrestlers in US”?

We deleted it

10. Table 4
    ## what does GP stand for?

It has remained from the first submission; Yes, we changed it.

## Bottom of the table, should be Admitted to hospital, NOT Admitted in a Hospital
Ok, We changed it

11. Table 6, order should be reversed, since in Table 3 you also put Wrestlers in this study before US

We changed the order.

12. Pls double check your English, font size, terms and capitalization of headings Etc

Ok, Many thanks;
We tried to correct the format perfectly.

Discretionary Revisions
NIL
Reviewer number: 2

Reviewer's report:

The changes made in the manuscript improve its quality.

Page Line Comment

2 4-5 change to “has been partially effective in decreasing unsafe weight loss practices in the USA.

Yes, We changed it

4 10 Did the 11 experts “revise” or “edit” or “review”

They revised the questionnaire

12 last sentence change “believes” to “beliefs”

Ok, We did so.

Figure 1 delete”s” in Ages

We changed it to “Age”

Table 1 & 2 report number in each group too

We added the number of subjects to the tables

Table 2 suggest “Percentage of subjects who reduced their body weigh by rapid….”
The title is now corrected

Table 3 suggest “…. during the previous year and the…..”

Yes, we made the changes.

Table 4 suggest deleting “had weight loss for their matches and”
Table 4 left justify list of Side effects

We changed table 4 according to these comments

Table 6 suggest deleting “different kinds of”
Table 6 delete all decimal numbers

Ok, We did so.
Reviewer number: 3

Reviewer’s report:

Major compulsory revisions:

1. Your definition for rapid and gradual weight loss is not sufficient. The rate (\% loss/week) is also important to justify the side effects that you mentioned.

   Please show the average weight loss \% / week of wrestlers using rapid and gradual methods. The rate of weight loss should also be mentioned for those (25\% of all subject) who suffered from the side effects stated. (p11 line3)

   We added the rates of weight loss to the script; the rate of weight loss (kg/week) for those who experienced any side effects has been also added to the article.

2. Do you mean that by employing more fat reduction methods the athlete will loss more weight or fat? (p10 line16). It should be depend on the effectiveness of the method used. Could you define the fat reduction (p10 line16, p12 line 19) and weight reduction method respectively?

   We did so; actually fat reduction methods refer to methods that lead to weight reduction of wrestlers through reduction of fat mass of the body. Weight reduction methods are all listed methods in table 3 which lead to weight loss of wrestlers;

Minor Essential Revisions

1. Which methods will be used more for wrestlers who employ rapid weight reduction method? Do you mean “Fluid reduction’ and “Pharmacologic agent” are rapid weight reduction method?
Yes, Fluid reduction and using pharmacologic agents are the rapid weight loss methods. Exercise and dietary were the most common methods employed for weight loss in wrestlers who used rapid weight loss methods.

Discretionary Revisions

1. Any examples of short-term and long term side effects in P7 line 3

We wrote some examples according to the reference number 1.