Reviewer's report

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

Version: 1 Date: 7 July 2010

Reviewer number: 3

Reviewer's report:

The aim of this article is to evaluate the weight loss behaviour of wrestlers in Tehran. The research is of interest provided that the questionnaire used is valid and reliable.

Major compulsory revisions:
1. More details are needed for the methodology eg format of questionnaire, major questions in the questionnaire, measurement of weight and height (or self-reported?), gender of the subjects, validity of the questionnaire etc.
2. Please define “rapidly”, “gradually” (eg %weight loss within 1 week) when describing the extent of weight loss before the matches.
3. Define “gradual weight reduction methods” and “rapid weight reduction methods”
4. It is ambiguous to sum up the subjects’ consumption of supplements as an average of “doses per month”. The prescription of different supplements should not be the same.
5. I don’t think “side effects” can be countable eg 2.4 side effects. That paragraph should be rephrased.

Minor essential revisions:
1. The title of Fig 3 is not complete.
2. The difference of the weight loss pattern between GP and NT can be further elaborated

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