Author's response to reviews

Title: Previous experiences and emotional baggage as influences on lifestyle change - a qualitative study of Norwegian Healthy Life Centre participants

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Author's response to reviews: see over
Dear Executive Editor,

Please find enclosed the revised manuscript “Previous experiences and emotional baggage as influences on lifestyle change - a qualitative study of Norwegian Healthy Life Centre participants” which we hope you will consider for publication in BMC Family Practice.

We were grateful to revise the manuscript addressing the editor’s comments. The submitting author has responsibility for the revision and resubmission of the article according to the requirements of your journal. A description of the point-by-point changes made in the light of the editor's comments follows here:

- Line 169: In the sentence, “More than half of participants had gotten a referral from their general practitioner the centre (52%)” is “to” added between practitioner and the centre.
- Line 168: In the sentence, "gotten a referral from their general practitioner" is replaced with "received a referral...".
- Table 1: More information about participants’ is provided with rows in the table: ethnicity and language spoken, education level (saying something about their socioeconomic status), previous attempts to change lifestyle, when they started at the Healthy Life Centre (saying something about if they were new participants or old). Footnotes 3 and 4 to table 1 is provided explaining more about the content in previous attempts to change lifestyle.
- Table 2: Fuller quotes is provided where suitable. To the editors questions about why there were tables of quotes not provided for other sub themes it was because we had quotes representative for the majority of the sample for those other subthemes presented in the text. With the subtheme Family, work and social life, we wanted to show the diversity in the sample with all those different experiences the participants had mentioned, and we found it suitable to present these quotes of life experiences connected to family, work and social life in a table.

We really aspire that this study is published as it adds information about the increasing public health issue with lifestyle diseases, trying to address the importance of emotional baggage when it comes to changing lifestyle.

Sincerely yours,

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