Reviewer’s report

Title: Does attending an exercise class with a spouse improve long-term exercise adherence among people aged 65 years and older: A 6-month prospective follow-up study

Version: 2 Date: 25 Apr 2017

Reviewer: Maria Horne

Reviewer's report:

Thank you for the opportunity to review this manuscript again. The manuscript remains within the scope and remit of BMC Geriatrics. The authors have responded and addressed most of the comments made by the reviewers and the manuscript has been enhanced by the revisions made. However, there are just a few points that need to be addressed within the manuscript as follows:

Background: Self-efficacy has still not been discussed in the introduction. Do couples have greater self-efficacy that single people? Please provide more context of this in the background. I know you have provided a statement with regards to the hypothesis on this and social support, but some background context is needed as to why you would hypothesise this. I would suggest that this is done before paragraph 3 where you state the purpose of your study.

Page 5 para 2 lines 74-75: This sentence is still not very clear and starts abruptly. Maybe say 'Research to date has found that spousal physical activity is closely related, specifically husband's physical activity and exercise levels are related to his wife's physical activity and exercise levels [5]. Other studies comparing exercise adherence over a 12 month period............... [6]' or something like that.

Page 5 para 2 line 78: Spelling/syntax error. I think you mean '…compared to non-couples and not 'comparted to the non-couples'.

Discussion: With regards to reviewer's 2 comment about whether you considered if couple effect would be similar for pairs of friends as a limitation of the study and perhaps state the future studies should investigate this aspect.

Are the methods appropriate and well described?
If not, please specify what is required in your comments to the authors.

Yes

Does the work include the necessary controls?
If not, please specify which controls are required in your comments to the authors.

Yes
Are the conclusions drawn adequately supported by the data shown?  
If not, please explain in your comments to the authors.  

Yes  

Are you able to assess any statistics in the manuscript or would you recommend an additional statistical review?  
If an additional statistical review is recommended, please specify what aspects require further assessment in your comments to the editors.  

I recommend additional statistical review  

Quality of written English  
Please indicate the quality of language in the manuscript:  

Needs some language corrections before being published  

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