Reviewer’s report

Title: Older Ghanaian Adults' Perceptions of Physical Activity: An Exploratory, Mixed Methods Study

Version: 0  Date: 14 Jan 2019

Reviewer: Reviewer 2

Reviewer’s report:

PEER REVIEWER ASSESSMENTS:

OBJECTIVE - Full research articles: is there a clear objective that addresses a testable research question(s) (brief or other article types: is there a clear objective)?

Yes - there is a clear objective

DESIGN - Is the current approach (including controls and analysis protocols) appropriate for the objective?

No - there are major issues

EXECUTION - Are the experiments and analyses performed with technical rigor to allow confidence in the results?

No - there are major issues

Statistics - Is the use of statistics in the manuscript appropriate?

No - there are issues with the statistics in the study

INTERPRETATION - Is the current interpretation/discussion of the results reasonable and not overstated?

No - there are minor issues

OVERALL MANUSCRIPT POTENTIAL - Is the current version of this work technically sound? If not, can revisions be made to make the work technically sound?
Maybe - with major revisions

PEER REVIEWER COMMENTS:

GENERAL COMMENTS: My overall impression is that this study is an interesting first attempt to address the issue of attitudes to physical activity in Ghana. However, there are some methodological issues that need to be addressed, particularly for the quantitative component of the study.

Strengths

The qualitative part of the study is interesting, with some relevant findings in terms of the barriers and facilitators to participating in physical activity programmes. The preference for group activities that could be are delivered by churches was interesting, especially the possibility of becoming peer leaders.

Weaknesses

The quantitative part of the study had several limitations. Although participants were asked for their self-reported weight status as part of the questionnaire, no data was reported. Given that self-reported weight was mentioned as being unreliable in a previous study, why were participants not weighed to calculate BMI? The method used to obtain questionnaire data for the GPAQ was self-administered rather than interview-administered, which is the intended method of using the GPAQ. However, there is a self-administered version of the GPAQ, which should have been used in this study.

REQUESTED REVISIONS:

The majority of the study population (76%) was from one city, whereas the introduction focused on a representative study by sampling from three different areas of the country.

The methods section mentioned describing the degree of similarity between the study population and that of Ghana, but these results were not reported.

The GPAQ data was only obtained from less than half the study population, however this was not mentioned in the discussion. In addition, the physical activity levels were reported in the discussion rather than the results section. Although the discussion mentioned that participants might not have reported true values, given the activity levels reported of 15 hours of vigorous activity and 31 hours of moderate activity, this seems certain. This finding needs more focus, particularly the need for objective measures of PA.
The preferences for group activities at the church on a weekly or monthly basis would not be sufficient to meet PA requirements, something that was not touched on in the discussion.

No statistical analysis is used, other than some descriptive statistics of the population characteristics.

Note: This reviewer report can be downloaded - see attached pdf file.

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

No

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

No

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

No

**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 am able to assess the statistics

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

Needs some language corrections before being published

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