Reviewer’s report

Title: Physical activity, depressed mood and pregnancy worries in European obese pregnant women: results from the DALI study

Version: 1
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Reviewer: Sara Holton

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The manuscript, ‘Physical activity, depressed mood and pregnancy worries in European obese pregnant women: results from the DALI study’, reports on an issue that has important clinical implications. Such research assists in understanding the association between mental health status and physical activity levels in obese pregnant European women. Nevertheless, although this is a potentially interesting paper, it is my opinion that the paper requires revisions before it could be published in BMC Pregnancy and Childbirth.

Major Compulsory Revisions
N/A

Minor Essential Revisions

General
I think the use of ‘people first language’ throughout the paper would be appropriate. For example, ‘women with high BMI’ or ‘women who are obese’ instead of ‘obese women’.

The term ‘lifestyle’ needs to be defined as it has been used differently throughout the paper (eg lines 60 and 65).

Abstract
Line 60: should ‘lifestyle’ be ‘physical activity’?

Introduction
Lines 64: define ‘sufficient’
Line 65: what is meant by ‘lifestyle’ in this sentence?
Line 66: ‘on’ should be ‘of’ and delete ‘a’.
Line 70: delete ‘to’
Line 71: insert ‘women’ in ‘These guidelines advise women to …’.
Line 78: delete ‘the’. Which ‘women’? please include more details eg country where this data was collected etc.
Line 79: define the terms ‘overweight’ and ‘obese’. Change ‘were’ to ‘have been’.
Line 80: Change ‘while’ to ‘yet’
Line 82: change ‘in’ to ‘of’
Line 84: state why and how obesity is a public health and personal issue.
Line 86: include ‘the’ before ‘factors’. Are you referring to all pregnant women in this sentence or just those with high BMI?
Line 89: a reference needs to included for the statement ‘people with depressive symptoms are likely to be less active’.
Line 90: delete ‘effectively’. After ‘in’ include ‘previously’ and change ‘persons’ to ‘people’.
Line 92. The second sentence should start ‘most studies have either had a small …’.
Line 101: change ‘were’ to ‘have been’.
Line 107: why would it be ‘reasonable to assume that obese pregnant women …’. Is this statement based on the existing evidence?
Line 108: change ‘might’ to ‘may’
Line 114: insert ‘to’ in ‘this allows insight into the association’.

**Methods**
Line 126: change ‘from’ to ‘with women from’
Line 131: please state why a pre-pregnancy BMI>29 kg/m2 was the cut off for inclusion in the study. Is this based on a particular classification system? The WHO classification regards BMI≥25 as overweight and ≥30 as obese. Also, please state how pre-pregnancy BMI was measured. Was it self-report?
Line 138: Please state which language(s) the instruments were administered in? Was each instrument validated for use in each country included in the study?
Line 182: include ‘such’ in this sentence ie ‘aspects such as parity’.

**Results**
Line 243: please state how many minutes women with a depressed mood spent in MVPA.
Line 248: include ‘an’ in as an independent variable’.

**Discussion**
Line 274: Please discuss how your finding that 27% of women have depression compares with the proportion of pregnant women of normal weight and women with high BMI of a similar age etc.
Line 292: please state the country Claesson et al conducted their study.
Line : the limitations and strengths of the study should include acknowledgement and explanation of the small sample size – overall and from individual countries; the limitations of the use of self-report weight (see Gorber et al); why women with high BMI were not compared to women of normal weight; whether or not
pre-pregnancy depression was assessed; a comparison of activity levels with those pre-pregnancy to determine if pregnancy is also a reason for decreased activity not just obesity (these may be areas for future research?).

Line 364: please discuss why ‘behavioural activation’ is the best treatment option.

Also, please include more discussion of the ‘so what’ of clinical implications of the findings of the study in the Discussion.

Discretionary Revisions

N/A

Level of interest: An article of importance in its field

Quality of written English: Needs some language corrections before being published

Statistical review: No, the manuscript does not need to be seen by a statistician.

Declaration of competing interests:

I declare that I have no competing interests.