Reviewer's report


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Reviewer: Suzana Almoosawi

Reviewer's report:

The goal of this study was to investigate the impact of a 1-year, multidisciplinary, family-centred, outpatient intervention based on social cognitive theory is effective in preventing further increases in BMI and BMI z-score, and in improving QoL in obese children and adolescents. The paper presents some interesting findings.

Major Compulsory Revisions
One major comment is related to the analysis of dietary data. Since 3-day dietary records were collected, it would have been useful to present results on energy and macronutrient intake pre and post intervention. Data on other food group that form part of the Canadian Food Pyramid would have been also useful, as it will be useful to observe if participants switched from having white bread to wholegrain bread, full-fat milk to semi-skimmed milk…etc

Minor Essential Revisions
Eating patterns were not assessed as no mention of meal skipping, meal frequency or regularity (Line 166).

Level of interest: An article of importance in its field

Quality of written English: Acceptable

Statistical review: Yes, and I have assessed the statistics in my report.

Declaration of competing interests:
'I declare that I have no competing interests’