Reviewer's report

Title: Motivational techniques to improve self-care in hemophilia: The need to support autonomy in children

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Reviewer: Vicky Breakey

Reviewer's report:

The authors address an important area of pediatric/adolescent hemophilia care. Although the literature on self-management and self-efficacy in young people with hemophilia is growing, there is limited literature on strategies that can be applied by parents and health care providers.

Major Compulsory Revisions

1. Paper is written as a review paper, but the search strategy employed is not clear. Similarly, the decision to focus only on "Self-Determination" is not well-justified. It is unclear if the authors are aware of other approaches and the paper would benefit from a more systematic review of behavioural strategies/motivational training. The self-determination model is only one of many approaches and it is not clear why this is the focus of the paper.

2. Reference 1 is a survey of health care providers. The initial part of the discussion should clarify this point (as it stands now, it seems to suggest that it reports patient-reported adherence)

3. The paragraph entitled "From treatment adherence to self-care" focuses on physical activity in hemophilia and is not linked well to the paper's thesis. This should be clarified further and the title should be adjusted.

Minor essential revisions

1. The paper needs a full review for English grammar. There are many errors. For example, "adolescent" is utilized in multiple places when "adolescence" is correct. In the abstract summary the term "confronted to" should be replaced by "confronted by".

2. The first section in the Discussion re:adherence would be better placed in the background section.

3. Key references should be added that are relevant to the hemophilia adherence literature to clarify why this is so important (examples: adherence and QOL Garcia-Dasi et al. Haemophilia 2015, adherence and improved pain McLaughlin et al Haemophilia 2014). Also, recent published data about self-management and educational strategies that have shown to have benefit may enrich the paper.
Level of interest: An article of limited interest

Quality of written English: Not suitable for publication unless extensively edited

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.