Author's response to reviews

Title: Lessons learned about primary healthy weight maintenance and weight loss attainment. Results from a qualitative study.

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Author's response to reviews: see over
Dear Editor, thank you for the review of our manuscript “MS: 9422342891201332 - Lessons learned about primary weight maintenance and secondary weight maintenance. Results from a qualitative study.

We have reviewed the above manuscript according to your reviewer’s comments and have added a number of small amendments that we believe improve the paper overall. These are outlined below.

Reviewer: Kristina Lindvall

A. Minor essential revision:

1. I would like to ask the authors to revisit the manuscript one more time to correct a few “formatting” items. These are only minor items such as for example that in the
   i) Results section and under the sub-theme “Being prepared” there seem to be a . (full stop) missing after the word “essential”.
   ii) Furthermore, under the sub-theme “Regular exercise” the word group is written with a capital g in the last sentence before the final quotation.
   iii) There are also a few other minor items similar to the once described. I would also like to suggest the authors to make the title of reference nr 21 bold to be in accordance with the other references.

Authors response: i) The author has added the full stop following the word ‘essential’ under the sub-theme ‘Being prepared’.
   ii) The author has changed the word ‘group’ in the last sentence before the final quotation, to begin with a lower case ‘g’.
   iii) The author has made the title of reference number 21 bold to be in accordance with the other references.

B. Discretionary revision

1. In the middle of the second section of the Background the authors state that: “Considering the current statistic that 24% of adults between the ages of 18 to 64 are obese and 37% are overweight, 39% therefore fall into the normal weight range (BMI # 24.9). A rise in weight ranges was noted amongst those over 65 years of age with 49% women and 59% men overweight and 24% women and 25% men were obese”. If there is a reference to these sentences please add this.

Author response: The author has moved reference no. 10 from the end of the following sentence: ‘We believe there is much to learn through engaging with this group of individuals who fall into the normal weight ranges with regards to their attitudes, knowledge, health beliefs, behaviours, cognitive processes, strategies and motivations with respect to diet, exercise and lifestyle’ and placed it after the sentence in question as this is the reference for this statistic.

2. In the previous version of the manuscript the authors had a final sentence under the heading “Authors’ contributions” stating that “All authors read and approved the final manuscript. This sentence is now missing. If the authors wish to they could add this sentence again.

Author response: The author has addressed this omission and the sentence ‘All authors read and approved the final manuscript’ has been added.

3. The “Acknowledgements” section seem to be missing. If this was a purposive choice, please omit this comment.

Author response: The author has addressed this omission and the ‘Acknowledgements’ section has been added.

4. In the cover letter the authors reply that they have done the following according to my comment. My comment: “Discretionary revisions: Theories that may also be beneficial to refer to if the authors deem that to be useful are the socio ecological theory (Ref: National Cancer Institute: Theory at a
glance. 2nd Ed.2005. Or Ref: McElroy KR, Bibeau D, Steckler A, Glanz K: An ecological perspective on health promotion programs. Health Educ Q1988, 15:351-377) or the social determinants of health (Dahlgren and Whitehead). These theories address the aspect that it is the individual in combination with different layers/levels of society that will affect the weight development.

Authors response: The author has felt it useful and referred to the socio-ecological theory of McElroy et al.” When reviewing the manuscript I am not able to find this in the text or in the reference list. I am wondering if the authors would like to add this

Authors response: The author had added the suggested references in the background section of the reviewed manuscript. The references are located at 2 and 3 of the reference list.

The author would like to draw your attention to the following additions/changes.

1. The author has reworded the title as follows: ‘Lessons learned about primary weight maintenance and secondary weight maintenance: Results from a qualitative study’ in keeping with the terms used throughout the manuscript.

2. The author has updated the stats from the World Health Organization as follows in the background section:

(WHO) estimates that approximately 1.9 billion adults aged 18 years and over worldwide (39%) are overweight with 600 million (13%) obese [1].

3. The author has updated the stats from the Growing Up In Ireland Longitudinal Study of Children – The life of 9-year olds as follows in the background section:

as well as 30% of 9 year old girls and 22% of 9 year old boys [4].

4. The author has changed the sentence in the background section of the abstract as follows: ‘A new report launched in the past few days’ to ‘A recent report’ due to the time frame in which the paper was written.

5. The author has added in ‘secondary weight maintainers’ in brackets in the background section of the abstract as follows: ‘who have managed to lose weight and/or achieved weight loss maintenance (secondary weight maintainers)” to clarify this term.

6. The author has changed the word ‘address’ in the background section of the abstract to ‘explore’ to better reflect the aim of the study.

7. The author has changed the sentence in the discussion section as follows: ‘and bread and jam was the only in between meal snack on offer in most homes’ to ‘and most had limited snacking options between meals’ to better reflect the overall eating habits of the population of Ireland.

8. The author has added the sentence in the discussion section as follows as it a concept which appears to be emerging in the literature: ‘These findings appear to fit into the conceptual framework known as ‘positive deviance’. This framework has previously been used to study why some individuals achieve better weight loss outcomes than others exposed to the same resources and supports [22] to highlight how our findings appear to fit into the conceptual framework of positive deviance.

9. Upon reconsideration the author has reworded the ‘Future work’ section from:

‘Following on from this to implement and assess a randomized control study to evaluate a weight loss intervention program that integrates social–cultural factors as well as cognitive behavioural counselling’ to ‘Following on from this would like to develop and evaluate an intervention
incorporating all of the elements identified as important to weight maintenance in this small study to better reflect future work hoped to be undertaken following this small study.

Best wishes, and thanks for all the time the reviewer took to review and hence improve the manuscript.

Mary Rose