Author's response to reviews

Title: Parent and child perceptions of school-based obesity prevention in England: a qualitative study

Authors:

Joanne L Clarke (j.l.clarke@bham.ac.uk)
Tania L Griffin (t.l.griffin.1@bham.ac.uk)
Emma R Lancashire (e.r.lancashire@bham.ac.uk)
Peymane Adab (p.adab@bham.ac.uk)
Jayne M Parry (j.m.parry.1@bham.ac.uk)
Miranda J Pallan (m.j.pallan@bham.ac.uk)

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Author's response to reviews: see over
Dear Editor

Re: “Parent and child perceptions of school-based obesity prevention in England: a qualitative study”

Thank you for your email dated 19th November 2015, detailing feedback from peer review of the above paper. We are grateful for the reviewer comments which we found useful in improving the manuscript. Please find below our response to the concern from Reviewer 2. Reviewer comments are written in black type; our response in green type.

Reviewer 2:

The article has improved and the authors have made changes to the manuscript responding to reviews comments. I have no further major compulsory revisions. However, I highly recommend the authors to rephrase their conclusions. They state that “This qualitative study shows that the WAVES study intervention programme has the potential to initiate positive behaviour changes in families (…)”.This statement is not compatible with the qualitative design of the study. You may use expressions as “This qualitative study gave us a better understanding of aspects that have the potential to initiate positive behaviour changes in families (…)”

Thank you for pointing this out. We have now amended the Conclusions section, both within the Abstract and within the main document. The sections now read as follows:

(Abstract)
This study enabled us to better understand aspects of the WAVES study intervention programme that have the potential to initiate positive behaviour changes in families, and indicated that a combination of pathways influenced such changes. Pathways included: increasing capability through improving knowledge and skills of children and parents; increasing motivation through parental empowerment and role modelling; and the direct provision of opportunities to lead healthier lifestyles. Strategies to sustain behaviour changes, and the school role in supporting these, are important considerations.
This qualitative study enabled us to better understand aspects of the WAVES study intervention programme that have the potential to initiate positive behaviour changes in families, and indicated that a combination of pathways influenced such changes. Pathways included: increasing capability through improving knowledge and skills of children and parents; increasing motivation through parental empowerment and role modelling; and the direct provision of opportunities to lead healthier lifestyles. Strategies to sustain behaviour changes, and the school role in supporting these, are important considerations.

We confirm that this manuscript has not been published elsewhere and is not under consideration by another journal. All authors have approved the manuscript and agree with its submission to “BMC Public Health”. We have no competing interests to declare.

Thank you for your consideration.

Yours faithfully

Professor Peymane Adab
Professor of Chronic Disease Epidemiology & Public Health