Author’s response to reviews

Title: A population-based survey on physical inactivity and leisure time physical activity among adults in Chiang Mai, Thailand, 2014

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Version: 2 Date: 21 Jun 2017

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Manuscript Title: A population-based survey on physical inactivity and leisure time physical activity among adults in Chiang Mai, Thailand, 2014 (AOPH-S-17-00048)

Reviewer 2: Comments to the Author

Comment 1) The Authors have improve the manuscript significantly. I have few minor comments. 1. P4,L10. "…can reduce mortalities [5,6]." or can reduce cardiovascular morbidities and all-cause mortality?

Changes made to comment 1) We have clarified the statement. The statement now reads “…sufficient PA can reduce mortalities including from cardiovascular mortality, cancer mortality and all-cause mortality [5,6]”
Comment 2. P5,L8-9. Please describe more accurately how stages of change has been linked to PA. in the current form, this sentence is very inaccurate and does not provide much evidence for the reader.

Comments and changes made to comment 2) Thank you for your comment. We have added more details on why understanding the stages of change is important

We state “…, previous studies show that an understanding of the stages of change to PA is also a key issue to consider [14,15]. Not only does intention to change help predict the behavior, studies have suggested that those in more advance stages of change for physical activity were also more likely to have higher levels of self-management and self-efficacy [15,16] In addition, understanding the stages of change (intention to change) may influence the efficacy of a health promotion programme, as those in different stages may require different forms of interventions [16,17].

Comment 3. P10, L18-19. The Authors nicely describe the link between SES and stages of change. I was wondering, if there are education x stages of change interactions on physical activity? I mean that are changes of stage similarly linked to physical activity in all education groups.

Response to comment 3) Thank you for comment. We have done additional analyses as suggested. The interaction term between education and stages of change on LTPA among those who are inactive did not reach statistical significance. It is likely that we were under power to detect such interactions as we had limited sample size and LTPA was already low among those who were physically inactive.

Editorial Comments

Comment 1) Title of manuscript should include reference to the period of the survey.

Changes made to comment 1) The title has been changed to “A population-based survey on physical inactivity and leisure time physical activity among adults in Chiang Mai, Thailand, 2014”

Comment 2) All titles of tables and graphs should include information on study name, place and time

Changes made to comment 2) All tiles of tables and graphs now include information on study name, place and time