Author’s response to reviews

Title: Motivational climate of group exercise sessions in nursing homes

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Response to reviewers

Reviewer reports:
General comments:

Overall, this is an interesting article investigating the motivational climate of group exercise in nursing homes. The research team translated a survey on motivational climate and collected demographic and data on function. Overall this is a well conducted and well reported study.

Authors’ response: We thank the reviewer for the time he dedicated to the review of our study.

1) Minor suggestions for article organization and consideration of potential limitations to the study Page 3, line 74 - references Organizational flow of argument. It seems lines 80-83 are better suited before the statement in line 79-80 for special consideration for group exercise.

Authors’ response: We thank the reviewer for these precisions. We made these changes directly in the text.

2) Page 4 line 92 - identifies enjoyment as an important consideration that is not further developed in the paper. I suggest this would be more suitable as a limitation to the study.

Authors’ response: Thank you for this pertinent suggestion. We added this in the limitations of the study: “Moreover, the personality and enjoyment have not been explored in this study although they could play an important role in the perception of the motivational climate”.

3) Methods: Inclusion - There is no indication of duration of exercise attendance as an inclusion factor. Was there any consideration of duration, length of time exercising at the frequency of 1x/wk, e.g. exercise participants who consistently exercised for at least 3 months.
Authors’ response: Thank you for this relevant remark. We added this information in the manuscript: “at least once a week for at least 1 month”.

4) Page 5, line 134 - It is unclear why (P25-P75) is there
Authors’ response: Thank you for this comment. In the table of the “characteristics of study population”, the median, 25th Percentile and 75th Percentile were used for variables with an abnormal distribution, for example, the Katz score. We added this explanation in the text: “the median and percentiles (25th Percentile and 75th Percentile)”

5) Tables should stand alone. Include all abbreviations
Authors’ response: Thank you for this comment. We added all the abbreviations under the tables.

6) Discussion: In addition to special adaptation as a suggestion to address the functional capacity of those with poorer function it seems exercise group leaders can specifically address this with a communication strategy. This would be an interesting way to attempt to change motivational climate.
Authors’ response: We thank the reviewer for this relevant suggestion. We added this suggestion in the manuscript: “Moreover, communication strategy by the exercise group instructor could also be important to address the functional capacity of those with poorer function and an interesting way to attempt to change motivational climate”

7) A further limitation that is worth exploring is that personality was not captured and can play a role. People have different levels of openness to experiences, individual-level differences in decision making that may feature in how an exercise group climate is considered motivational.
Authors’ response: Thank you for this interesting suggestion. We added this in the text: “Moreover, the personality and enjoyment of nursing home residents have not been explored in this study although they could play an important role in the perception of the motivational climate”.