Reviewer’s report

Title: Understanding perceived determinants of nurses' eating and physical activity behaviour: A theory-informed qualitative interview study

Version: 0 Date: 16 Jan 2017

Reviewer: Christina Prechtl

Reviewer's report:

Minor changes:

Abstract

Background and Methods

The wording of behaviour change should be reworded as behaviour, so determinants of eating and physical activity behaviour in nurses rather than saying behaviour change. Or you explain 'change' here in more detail, otherwise this is confusing and misleading as it would suggest that the nurses have already changed something.

Methods

Clarify/simplify what hybrid process of inductive and deductive content analysis means; in simple terms. This should also be explained on page 7 line 177/178.

Conclusion

Explain where the theory-informed approach is from the TDF? Also consider to change this in the manuscript such as page 4, 3rd paragraph and page 5 line 121.

And what socio-ecological theory are you referring to?

Main Manuscript

Page 6 - line 152 to 154
Explain in more detail what 'study-specific topic guide' means to make it easier for the reader to understand.

Page 6 - line 159

What formal training did the interviewer receive?

Page 7 - line 169 – 172

It is not clear until this point that every nurse underwent 3 interviews. Please clarify.

Page 7 - line 180-187

This whole paragraph was not quite clear. Please simplify how you analysed the interviews.

Page 8 - line 204-206

Please clarify this sentence: 'Beliefs frequently……'

Page 12 - line 324-328

This study suggests that the influence on work colleagues as problematic as they bring food in. the manuscript discussed this issue in nurses only; however, some of the environmental determinants do not exclusively apply to nurses but anyone working in an office in the UK as well as shift workers. Maybe discuss your population in comparison to other studies using shift or office workers.

Page 16 - line 419

There needs to be a space between and.well or coma? = typo

Page 19 - line 503-504

What are BCT's and BCT Taxonomy. Although referenced, should be explained briefly here.

Page 20 - line 530-531

'Maladaptive self-regulation sounds very blaming as if the nurses ' bring it on to themselves'. Emotional eating arises from underlying issues in childhood or other traumas. I suggest discussing the reason for unsuccessful management of stress and using food as comfort in more detail.

Page 20 - line 549

Explain why fatigue can affect quality of life. There is a relationship between stress, increased cortisol and ghrelin.
Outline some ideas about 'actual influences'. And how do we determine these?

Outline next steps.

Additional files

In the table header explain what TDF means or specify below table.

It would be great to map out the age next to the BMI or maybe even explain characteristic nurse by nurse in table and then have a summary.

Are the methods appropriate and well described?
If not, please specify what is required in your comments to the authors.

Yes

Does the work include the necessary controls?
If not, please specify which controls are required in your comments to the authors.

No

Are the conclusions drawn adequately supported by the data shown?
If not, please explain in your comments to the authors.

Yes

Are you able to assess any statistics in the manuscript or would you recommend an additional statistical review?
If an additional statistical review is recommended, please specify what aspects require further assessment in your comments to the editors.

I am able to assess the statistics
Quality of written English
Please indicate the quality of language in the manuscript:

Needs some language corrections before being published

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