Author’s response to reviews

Title: Adherence to daily dietary and activity goals set within a Māori and Pacific weight loss competition

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Comment/Change made

1. Reviewer comments: I prefer the amended title. It is more concise and relevant given a reduction of cardiovascular and T2DM risk was not directly assessed.

Thank you.

2. I agree with the authors argument that a retrospective framing of the manuscript within the tenants of SDT might not be appropriate, given the study was designed a priori with a holistic indigenous theory in mind. As I mentioned previously, the incorporation of a culturally relevant theory is a significant strength of this manuscript. However, it is interesting to see that certain components of SDT map onto this indigenous theory: 1) relatedness - te taha whānau (relationships with family/others), 2) competence - te taha hinengaro (the mental realm including...
knowledge) and 3) autonomy - te taha wairua (the spiritual realm). Given this, perhaps the authors could consider eluding to these similarities in the discussion.

Thank you. We have included a statement about the similarity with SDT on page 16, line 15:

“The use of flexibility and the team environment are also supported by Deci & Ryan’s self-determination theory (SDT) which recognises the importance of relatedness and autonomy [72]. The third need identified by SDT, competence, was reinforced by the use of a points system.”

3. Pg 5 line 11. close brackets after insertion.

Done.

4. You mention that you have fixed all figures to be of publication quality, yet Figure 10 still has gridlines and the axes should be black, with tick lines associated with major values. Please address this. Furthermore, why are the data points different colours? This needs to be emphasised in the Figure legend.

Figure 10 is adjusted.

We have added that “Each team is represented by a unique colour.”