

## **Reviewer's report**

**Title:** "They all work...when you stick to them" Experiences of and attitudes towards dieting, weight loss strategies and physical activity: A qualitative study of people living with obesity.

**Version:** 1 **Date:** 5 September 2008

**Reviewer:** David Castle

### **Reviewer's report:**

This paper is a well written and nicely articulated presentation of data from a qualitative study of people with obesity. It uses appropriate methodology and the results are presented in an understandable manner. There are a number of issues which the authors may wish to address.

Firstly, the relatively small number of subjects and some understanding about why this particular number was included and the way in which the numbers were driven by the methods in terms of for e.g. saturation of themes, would be useful.

The authors also talk about the attempt to involve a broad grouping of people with obesity but do not give any details about the demographics in terms of ethnicity for e.g. and it would be useful to understand some of those issues; it might be that the number of subjects in each of the ethnic or cultural groups might be too small for meaningful results but it would be useful to get a sense of some of the difference which might be useful in informing future studies in this area.

Finally, it would be useful to understand the overlap between the different interventions sought by individuals; for example, would most people who attended Weight Watchers also have attended Jenny Craig &/or used medications to try to reduce weight or are these relatively distinct and discrete groups?

**Level of interest:** An article of importance in its field

**Quality of written English:** Acceptable

**Statistical review:** No, the manuscript does not need to be seen by a statistician.

### **Declaration of competing interests:**

'I declare that I have no competing interests'