

PEER REVIEW HISTORY

BMJ Open publishes all reviews undertaken for accepted manuscripts. Reviewers are asked to complete a checklist review form and are provided with free text boxes to elaborate on their assessment. These free text comments are reproduced below.

ARTICLE DETAILS

Title (Provisional)

The Influence of Cultural Beliefs and Parental Feeding Practices on Obesity Among Primary School Children Aged 6-12 | Ghana, A qualitative study.

Authors

Ewusie, Tutuwaa Baffo; Coulthard, Helen; Sharps, Maxine; Ochieng, Bertha

VERSION 1 - REVIEW

Reviewer	1
Name	Lalonde, Hannah
Affiliation	Michigan State University, College of Nursing
Date	29-May-2024
COI	None to report.

Overall, I really enjoyed this manuscript. I found it original and interesting to read. There are a few revisions I would suggest before publication to clean up this manuscript.

Abstract:

The abstract is well balanced and does provide enough description to understand the overview of the study. There are some redundant sentences in the methods section that could be removed in favor of a methods description more specific to this study (sentence 2 and 3, sentence 4 and 5). The methods section mentions the “Brawn and Clarke procedure” and the Brown and Clarke procedure”, assuming these are referencing the same analysis method, there is no reference for it in the bulk of the article. I believe the authors are referencing the following:

Braun, V., & Clarke, V. (2006). Using thematic analysis in psychology. *Qualitative Research in Psychology*, 3(2), 77–101. <https://doi.org/10.1191/1478088706qp063oa>

Introduction:

The introduction does a great job presenting background on the state of obesity in Africa and where this research fits in.

Methods:

Methods are clearly described and seem appropriate for the intention of the study. It does seem that the methods section is missing a justification for why the researchers choose online interviews and in-person focus groups as their data collection modality. I also believe it could benefit from a couple of example questions from the interview guides that were used. There are no example questions anywhere in the entire manuscript. I liked the description of the interview and focus group procedure; it provides a good context for interpreting the results. Ethics approval and consent procedure are suitable. In the second sentence of the Data Analysis section the authors should name the Attride-Stirling Thematic Network analysis method instead of simply stating the citation number, this way readers do not need to flip all the way to the references to figure out what the analytic approach is. A short description of thematic networks could also be helpful.

References:

Some citations in the reference list appear to be incomplete: 4, 8, 12, 18, 28, 37. The references seem on-topic and up-to-date.

Results:

In general, the results are presented clearly and I could easily understand them. There are some minor errors in table 1. First of all, some of the sample quotations are in italics but it is not indicated what these italics mean. Based on the context I believe this are quotes from the child participants, but it would be nice to have a footnote that indicates what the italic text means.

The sample quotations for codes 2, 7 and 10 are also quoted in the text of the discussion but the participant that they are attributed to is different in each spot it's presented. I suggest the authors double check that all quotes are identified with the correct participant code. In table 1, the final theme's frequency and saliency columns are not filled in correctly, they repeat the code name and sample quotation.

Reviewer	2
Name	Xie, Yingcen
Affiliation	
Date	03-Jun-2024
COI	I don't have any competing interests to declare:1. I don't know any of the authors;2. I don't recently hold grants with any of the authors;3. I was not thanked in the acknowledgements

Summary:

This is a qualitative study that investigates the influence of cultural beliefs on obesity among children aged 6-12 in Ghana. Data was collected by conducting interviews and focus group

discussion among 40 participants. The data was analyzed using the Brown and Clarke procedure. The author noted the 4 major influences of cultural beliefs and parental feeding practices in Ghana which may relate to obesity among children aged 6-12.

General suggestion:

1. Please fix the typos and grammar problems across the paper. (starting from the Title)

Introduction:

1. Need to talk more about current situation of cultural belief and parent practices on child obesity in Ghana/Africa to show the importance. (For example, how parents feed their children? Lots of high-calorie food options in Ghana?)
2. Cite Ghana Demographic Health Survey in the beginning of 4th paragraph.

Method:

1. Mentioned purposive sampling but did not specify the recruitment method.
2. Data collection: Specify which structure of interview was followed. If use another language during an interview, please specify the procedure.
3. Data analysis: specify the approach." using the (29) approach" is not very appropriate.

Results:

1. Highlight main theme to differentiate main theme and sub-themes.
2. In the demographic characteristics part, it would be great to talk about the occupation/ education level of participants and age besides sex.

Discussion:

1. Besides talking about the results of Table 1, please also interpret the results, especially discuss the implication of the results you found, and provide some recommendations.
2. Study strength and limitations should be in the discussion part; any other limitations you may think about?

Conclusion:

1. Provide some recommendations regarding your findings.

Reference:

1. Ref 12: This paper is not searchable.
2. Ref 18, 34: was a paper published in 2004, it would be good to change with an updated one to talk about the current situation of child obesity and food insecurity.

VERSION 1 - AUTHOR RESPONSE

Reviewer Number	Section	Comment	Author's revision comment	Page number
Reviewer One	Abstract	There are some redundant sentences in the methods section that could be removed in favor of a methods description more specific to this study.	The redundant sentences (2 nd and 3 rd , and the 4 th and 5 th sentences) in the methods sections of the abstract have been abridged to make it straight forward.	Page 2
Reviewer One	Abstract	Utilize the correct reference for the stated methodology in the abstract	The correct reference (Braun and Clarke procedure) was inputted in the abstract	Page 2
Reviewer Two	Introduction	Talk more on the current situation of cultural belief and parental practices on child obesity in Africa/Ghana to show the importance. (for example, how parents feed their children in Ghana? lots of high calorie food options).	The current situation of cultural beliefs and parental practices on childhood obesity in the Ghanaian context has been stated.	Page 4
Reviewer Two	Introduction	Cite Ghana demographic health survey at the biggining of paragraph 4.	The Ghana demographic health survey at beginning of paragraph 4 has been properly cited.	Page 5
Reviewer One	Methodology	The methods section is missing justification for the use of the online interviews and in-person focus group discussions as their data collection modality	A justification for the use of online interviews and focused group discussions as the data collection modality has been indicated in the methodology section	Page 7
Reviewer One	Methodology	Study would benefit from example questions from the interview guides that were used	Examples of interview and focused group discussion questions have been included in the manuscript	Page 7
Reviewer One	Methodology	Name the Attride-Stirling Thematic Network analysis	the Attride-Stirling Thematic Network	Page 8

		instead of simply stating the citation number.	analysis was stated in the data analysis section in place of the phrase “the (29) approach”	
Reviewer One	Methodology	A short description of thematic networks will be helpful	A short description of the Attride-Stirling Thematic Network analysis was indicated in the methodology section	Page 8
Reviewer Two	Methodology	Specify the approach. Using “the (29) approach” is not very appropriate	the Attride-Stirling Thematic Network analysis was stated in the data analysis section in place of the phrase “the (29) approach”	Page 8
Reviewer Two	Methodology	Mentioned purposive sampling but did not specify the recruitment method	Corrections about the recruitment method were not made as the recruitment method was already indicated in the manuscript	Page 8-9
Reviewer Two	Methodology	Specify which structure of interview was followed	An explanation of the structure of interviews has been indicated under the data collection tools and technique section	Page 8
Reviewer One	Results	Have a footnote that indicates what the italic text means.	All text under the ‘Sample Quotation’ column in Table 1 have has the ‘italicize’ text effect undone. The italicized text in these sections were an editing mistake which has been rectified.	Page 13-17
Reviewer One	Results	Double-check that all quotes are identified with the correct participant codes	The correct participant codes for sample codes 2, 7 and 10 have been corrected to reflect the information in the participant list	Page 13-17 and 18
Reviewer One	Results	In table 1, the final theme’s frequency and saliency columns are not filled in correctly, they repeat the code names and sample quotations	The frequencies and saliencies of the last major theme have been correctly indicated	Page 13-17
Reviewer Two	Results	Highlight main theme to differentiate main theme from sub theme	The main themes of the study were highlighted to distinguish them	Page 13 to 17

			from their respective subthemes.	
Reviewer Two	Results	In the demographic part, it would be great to talk about the occupation/education level of participants and age besides sex	A column on the occupation, education level and age of participants was included on the table of the demographic features of the participants	Pages 9-11
Reviewer Two	Discussion	Besides talking about the results in table 1, please also interpret the results, especially discuss the implications of the results you found, and provide some recommendations	The results of the study were further discussed and interpreted to suggest the implications of the study results and the necessary recommendations to the study's situation	Pages 18-25 and 27
Reviewer Two	Discussion	Study's strength and limitations should be in the discussion part. Any other limitations you may think about?	The strength and limitations of the study were indicated in the discussion section of the paper	Pages 18-26
Reviewer Two	Conclusion	Provide some recommendations regarding your work.	In paragraph two, line 7 downwards, recommendations regarding the work were suggested and indicated in the work.	Page 27
Reviewer Two	References	Ref12: this paper is not searchable	The appropriate reference for ref12 has been indicated in the paper. The new update is searchable	Page 30
Reviewer Two		Reference 18, 34: Published in 2004.	Reference 18 was removed from work as its date was considered outdated. Nevertheless, reference 34 was replaced with a current study which considered the suppositions of reference 34 in its submissions	Page 32

VERSION 2 - REVIEW

Reviewer **2**
Name **Xie, Yingcen**

Affiliation

Date 24-Dec-2024

COI

Summary:

This is a qualitative study that investigates the influence of cultural beliefs on obesity among children aged 6-12 in Ghana. Data was collected by conducting interviews and focus group discussion among 60 participants. The data was analyzed using the Brown and Clarke procedure. The author noted the 4 major influences of cultural beliefs and parental feeding practices in Ghana which may relate to obesity among children aged 6-12.

General suggestion:

1. Please fix the typos and grammar problems across the paper. (starting from the Title)

Introduction:

1. The first and second paragraphs are not related
2. What is the scientific gap?
3. What is the specific aim of this study?
4. Parent cultural belief need more scientific material to proof.

Results:

1. Demographics: it is clearer to use % instead of number to see the distribution of demographics.
2. Table 1: the sample size is 60 but the table 1 only included 40 from them. I think. You need to make a demographic table for all participants.
3. Revise table 2 title
4. Highlight main theme to differentiate main theme and sub-themes – what are the sub-themes?
 - a. Main theme 1 and 2 are overlapped
5. Please summarize table 2 findings
6. What are the results from interview and what are from discussion group? I didn't see the difference between them in the table or in discussion.

Discussion:

- 1.

Conclusion:

1. Provide some recommendations and future implications regarding your findings.

VERSION 2 - AUTHOR RESPONSE

Reviewer Number	Section	Comment	Author's revision comment	Page number
Reviewer two	General Suggestion	1. Please fix the typos and grammar problems across the paper. (starting from the Title)	All typos and grammar problems have been fixed across the paper.	Refer to Pages 1 to 28
Reviewer Two	Introduction	1. The first and second paragraphs are not related 2. What is the scientific gap? 3. What is the specific aim of this study? 4. Parent cultural belief needs more scientific material to proof.	The current situation of cultural beliefs and parental practices on childhood obesity in the Ghanaian context has been stated with evidence backing this.	Refer to Page 4 see highlighted sections.
Reviewer Two	Results	Demographics: it is clearer to use % instead of number to see the distribution of demographics.	We chose to use numbers to give more clarity to the number of participants in the interviews and FGD.	
Reviewer Two	Results	Table 1: the sample size is 60 but table 1 only included 40 from them. I think. You need to make a demographic table for all participants.	Participants from the interview session doubled as some of the FGD participants, hence the 40 captured. A table to illustrate participants involved in different stages have been captured	Refer to pages 9 and 10 see highlighted sections.
Reviewer Two	Results	Highlight main theme to differentiate main theme and sub-themes – what are the sub-themes? a. Main theme 1 and 2 are overlapped	The main themes of the study were highlighted to distinguish them from their respective subthemes.	Refer to Page 10 to 19 see highlighted sections.
Reviewer Two	Results	Revise table 2 title	Table two has been revised as recommended	Refer to Pages 9 and 10

Reviewer two	Results	What are the results from the interview and what are from discussion group? I didn't see the difference between them in the table or in discussion.	The themes emerged in the interviews and FGD were similar and to avoid repetitions the researcher merged them	
Reviewer Two	Conclusion	Provide some recommendations regarding your work.	In paragraph two, line 7 downwards, recommendations regarding the work were suggested and indicated in the work.	Page 21 see highlighted sections.