Reviewer's report

**Title:** Motivational Interviewing and Fitness Tests used to increase Physical Fitness in Patients with Type 2 Diabetes in General Practice: an 18-month intervention study

**Version:** 1  **Date:** 25 November 2009

**Reviewer:** Susan Smith

**Reviewer's report:**

**Major compulsory revisions**

Conclusions need to be more measured. The design does not support a statement that this intervention should be incorporated in routine service delivery. Needs to be tested in RCT with controls. Intervention involved a high degree of clinical contact.

The participation rate of patients was quite low and should be presented in terms of the acceptability of such an intervention for patients.

**Methods:** The setting and system of diabetes care needs to be described. How were GPs selected and what proportion of those approached agreed to participate.

**Results:** need to include details of the response rates etc and the information currently presented in the method section. Also refer to flow chart of participation rates in the text

**Conclusions:** More specific recommendations for future research would be appropriate, given your experience conducting this study rather than the statement that more RCTs are needed.

**Minor**

Background: Grammer correction: A substantial proportion of patients with type 2 diabetes have low levels of physical fitness and do not engage in the recommended level of physical activity.

The hypothesis is difficult to understand and I suspect this is due to poor translation as it does not make sense as it is written.

**Methods:** begins with reporting actual results relating to participants. This section should report the inclusion and exclusion criteria of those eligible to participate rather than actual details of those who finally did participate.

**Discussion:** the summary should also report the outcomes that were unchanged. Given the lack of change in weight, it is hard to know whether this intervention really has clinical significance for people with type 2 diabetes as there were no significant improvements in weight and HbA1c though the authors do acknowledge that the latter related to good HbA1c control at baseline.
**Level of interest:** An article whose findings are important to those with closely related research interests

**Quality of written English:** Needs some language corrections before being published

**Statistical review:** Yes, but I do not feel adequately qualified to assess the statistics.

**Declaration of competing interests:**

I declare that I have no competing interests