Reviewer’s report

Title: Interventions aimed at increasing the level of physical activity by including organised follow-up: a systematic review of effect.

Version: 2 Date: 28 February 2014

Reviewer: Athina Tatsioni

Reviewer’s report:

Denison et al., have submitted a systematic review on interventions aimed at increasing the level of physical activity by including organised follow-up. In general, authors have clearly defined the question and adequately described the methods. The manuscript adheres to the relevant standards for reporting systematic reviews and data deposition. Discussion is well balanced and adequately supported by the data. Limitations of the work are clearly stated. Authors have acknowledged previous work on the subject. The title and abstract accurately convey what has been found. The writing is acceptable.

However, the authors may also clarify the following:

Major compulsory revisions

Background
1) Authors may consider shortening the length of the 3 first paragraphs to one paragraph

Methods
1) Inclusion criteria: Was there any language restriction for the eligible studies?
2) Literature searches: Was there any personal contact with investigators to provide additional data?

Results
1) Interventions: Authors may consider expand on the characteristics of those delivering the intervention
2) Interventions: Authors may consider provide information on adherence/ fidelity to delivery protocols, if they are available
3) Outcomes and follow-up periods: For which questionnaires that were used to measure primary outcomes, psychometric characteristics were available?
4) Outcomes and follow-up periods: Did studies report harms because of the interventions?

Discussion
1) Previous report suggested that medium-intensity counseling interventions on physical activity produced a 38-minute increase in physical activity per week. (Reference: Lin JS, O’Connor E, Whitlock EP, et al. Behavioral Counseling to Promote Physical Activity and a Healthful Diet to Prevent Cardiovascular Disease
The intensity of the intervention was categorized by total patient contact time as low (1 to 30 minutes), medium (31 to 360 minutes), or high (>360 minutes). Authors may comment on the intensity of the organized follow up programs of the included studies, and whether this may be have interfered with the results.

2) Authors may discuss on the potential advantages that a pragmatic randomized trial may have in addressing diversity concerning both the conceptualisation and operationalisation of physical activity programs.

Discretionary Revisions

Methods

1) Literature searches and study inclusion/exclusion: Authors may change this title to “Literature searches”

**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