Reviewer's report

Title: Physical and psychosocial benefits of yoga in cancer patients and survivors, a systematic review and meta-analysis of randomized controlled trials.

Version: 1 Date: 1 August 2012

Reviewer: Robert Newton

Reviewer's report:

Minor essential Revisions:
Abstract - Suggest change to “rated the quality of the included RCTs”
Abstract suggest remove comma – “intervention and beneficial effects”
Page 3 – suggest change to “psychosocial problems associated with”
Page 3 – suggest change to “with common physical issues such as”
Page 3 suggest change to “physical problems associated with cancer”
Page 3 – Can Yoga be accurately categorised as complementary or alternative medicine? Yoga is a combination of physical exercise, relaxation, imagery and mindfulness. These are not complementary or alternative medicines but rather legitimate exercise and psychological techniques.
Page 4 – how is yoga a more “self paced” form of exercise than say progressive resistance or aerobic training? I don’t believe you can claim a greater appropriateness for cancer patients on this basis.
Page 5 - Detailed search profiles may be available on request from IR but a summary should be included in the manuscript.
Page 5 – suggest change to “nine equally weighted quality criteria to”
Page 9 – spelling “dyspnoea”
Page 12 – suggest change to “Although patients perceived that they had improved”
Page 14 – suggest change to “Another limitation is the small sample size of”
Page 14 suggest change to “physical or psychosocial problems”
Page 16 – I am still at a loss as to why Yoga would be considered more self-paced and less strenuous or pain inducing than other forms of exercise. Exercise whether it is yoga, resistance training or aerobic exercise should always be self-paced and within the limits of pain and perceived exertion.

Level of interest: An article whose findings are important to those with closely related research interests

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.