Reviewer's report

Title: Post traumatic stress disorder and heart rate variability in Bihar flood survivors following yoga: a randomized controlled study

Version: 3 Date: 25 September 2009

Reviewer: Anand Dhruva

Reviewer's report:

I’m pleased to see more research on yoga as a therapeutic modality by Shirley Telles and colleagues. I was particularly impressed that the authors were able to conduct this research in the setting in which it was done. Overall, I enjoyed reading this submission and have a number of comments that I hope will help improve the paper. My main general comment is that it would be good to increase the level of detail in the results section and to add to the discussion of the data in the discussion section. Please refer to the numbered comments below.

Major Compulsory Revisions:
1. Did the participants practice yoga on their own in addition to the classes? Please add this detail to the paper.
2. Add more detail in the results section including reference to the 2 tables.
3. What were the results of between group comparisons for both VAS endpoints and heart rate variability?
4. In general, there should be more content in the discussion section discussing the results.
5. Please add to the discussion section your explanation for the negative findings on VAS items for fear and disturbed sleep.
6. Another limitation of the study is the lack of a control group that controls for “attention”. For example, did the yoga participants feel better just because someone spent time with them in the classes? Please discuss in the discussion section.
7. A CONSORT diagram should be added to results section. Were any participants lost to follow-up? Did all participants complete all measures?
8. Please discuss how the specific pranayama, asana routine impacted on your findings.

Discretionary Revisions:
1. Paragraph 3 in the discussion includes reference to the Sudarshan kriya research. Please correlate these findings to those in this paper.
2. Please discuss the “dose” of the yoga intervention in the discussion section. Was the “dose” provided in this study adequate? Would a higher dose produce different results?

3. It would be helpful to add N= for each group in table 1 and 2.

**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