Reviewer's report

Title: Health related muscular fitness, physical activity participation, metabolic syndrome and walking capacity in schizophrenia patients: a cross-sectional study

Version: 1 Date: 26 October 2012

Reviewer: Srinivasan Tirupati

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BMC Psychiatry- Review

The subject examined by the authors is a very interesting and relevant one, especially in view of the growing emphasis on physical health of people with schizophrenia. The procedures they used, though simple, are replicable under clinical situations. The paper will do better with some revisions.

The following are some issues I noted that the authors could address in their revision

1 Major

1.1 In finding a relation ship of overall MET to walking capacity one needs to be aware that calculation of the MET/week from the IPAQ includes component of walking as well. Hence I feel it is better not to include this variable in the regression or exclude MET calculated from the walking activity.

1.2 The relevance of exercise to mental health is fairly robust with depression in contrast to schizophrenia. Hence a reference to improvement in overall mental health on page 15 may be found wanting in evidence

2. Minor

2.1 To describe a typical patient that has all the variables found significant on regression (older patient with long duration of illness and high BMI) may tend to dilute the significant effect of the individual variable (Second sentence in Discussion and the Conclusion)

2.2 The discussion on IGF 1 could be bit more streamlined and shortened relating it directly to the findings of this study

2.3 The reason why OGTT was done as this was not discussed though insulin resistance was discussed in relation to IGF 1

2.4 Some sentences looked incomplete-lines 1 and 6 of paragraph 2 of page 11, line 14 of page 13

2.5 The term ‘first episode and chronic patients’ needs change. The duration refers to illness and not the nature of the person affected.
2.6 The tables esp. 1 and 2 can be presented in text

3 Discretionary

3.1 The extent of benefit accrued by people with schizophrenia on rigorous exercise is untested. The benefits of exertions by clinicians to make them engage in exercise programs as part of treatment is an issue that needs some more thinking (not necessary to discuss it in this paper)

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**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:** No, the manuscript does not need to be seen by a statistician.

**Declaration of competing interests:**

I declare that I have no competing interests