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: 2 December 2012

Reviewer: Cherrie Galletly

Reviewer's report:

This paper presents useful data on physical fitness in people with schizophrenia, although the results are not surprising. It would be expected that people with a worse ability to walk for 6 minutes or jump from a standing start are more obese, take less exercise and (given that they are fatter) are more likely to have metabolic syndrome.

The two tests selected for this study are useful, do not require specialised equipment, and are within the capabilities of people with schizophrenia, so may be more widely adopted in future clinical studies. The detail in the method is therefore necessary.

Otherwise the paper could be more concise; the discussion in particular is too long given that there is nothing in the results requiring detailed exploration and explanation. Some of the results are unnecessarily repeated in the discussion. The discussion about the possible role of insulin could be rewritten so it is clearer, but this is interesting and worth including.

Specific points:

Sentence for reference 12 – whose “goals”?

The paper has many grammatical errors and the written English requires attention. Some sentences cannot be understood eg what do they mean by “An increased explanation for the relatively poor physical activity participation is the increased risk for somatic complications”?

The PECC appears to be for use by caregivers but was assessed by a nurse?

P11 how is smoking behaviour related to muscular fitness? “there was no difference in smoking behaviours in smokers” – what does this mean?

Smoking is liable to be quite important so it would be good to clarify the associations between smoking and the other variables e.g. do the smokers have a lower BMI? Are they more or less fit than nonsmokers?

Level of interest: An article of importance in its field

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

Statistical review: Yes, and I have assessed the statistics in my report.
Declaration of competing interests:

'I declare that I have no competing interests'