Reviewer's report

**Title:** A 6-month Randomized Controlled Trial to test the Efficacy of a Lifestyle Intervention for Weight Gain Management in Schizophrenia

**Version:** 1  **Date:** 13 December 2012

**Reviewer:** David Scott

**Reviewer's report:**

Minor Essential Revisions:

1. Please describe in more detail how patients were invited to participate in the study.

2. Did the authors perform any power calculations to determine the adequate sample size to detect a clinically significant change in body weight?

3. My major concern with this manuscript is the lack of clarity in the results. It appears the authors report findings for those who completed the study, but also report intention-to-treat analyses. It is often unclear what is being presented; for example, the abstract appears to report data for those who completed at three months, and intention-to-treat analyses at 6 months. Tables 2 and 3 also appear to report only data for those who completed the study, not intention-to-treat data, and only 3-month follow-up data. Why are intention-to-treat and six-month data not included? The authors need to make it more easy for the reader to understand which analyses are being reported and why.

4. The authors conclude that the intervention group maintained weight after 3 months and decreased weight after 6 months (this is true for intention-to-treat only). However, given that there were apparently no differences between groups in changes in health behaviours during the intervention, how do the authors explain differences in body weight trajectories?

5. As mentioned above, Tables 2 and 3 are very hard to follow. The p-value column in particular is confusing. Please consider a layout which makes it easy to separate the p-values for "Over time" and group interaction. Additionally, in Table 2 you report a p-value of 0.029 for glucose, but report this as 0.025 in the text.

6. Table 3 indicates both groups demonstrated an increase in WHOQoL score in the psychological domain (P = 0.014). However, this significant association is not indicated either by bold text in the table, or by description in the text.

Discretionary Revisions:

7. Motivation to lose weight was an inclusion criteria for this study. The authors should comment on the efficacy of such an intervention in poorly motivated individuals. Is it possible that differences in weight change may be greater for the
intervention group compared to control group given that the control group would potentially have larger weight gains during the follow-up period? This seems possible given that walking increased for the control group in the present study, which may be a reflection of the desire to lose weight.

**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:** Yes, but I do not feel adequately qualified to assess the statistics.

**Declaration of competing interests:**

I declare that I have no competing interests.