Reviewer's report

Title: Systematic review of reviews of intervention components associated with increased effectiveness in dietary and physical activity interventions.

Version: 2 Date: 30 November 2010

Reviewer: Stefanie Ashford

Reviewer's report:

The authors have substantially revised this manuscript. As a result it is now significantly clearer and easy to follow, and is much improved. However, I do still have some small suggestions which I believe would substantially improve the manuscript.

Discretionary Revisions:

• Results section paragraph titled ‘Behaviour Change Techniques’. I feel that the headings ‘use of established behaviour change techniques’ and ‘use of specific behaviour change techniques’ are slightly misleading in this section. On first look they seem to be portraying the same thing which is confusing. I would suggest you change the first subheading or remove completely.

• I am unsure why motivational interviewing is singled out in this section, and not included under ‘use of specific behaviour change techniques’.

• ‘Self-monitoring of PA using pedometers’- you mention use of a step diary and goal setting are associated with increased walking here. Is this in combination with the use of pedometers? If so, it needs to be clear that this finding cannot be attributed only to the use of a pedometer as other behaviour change techniques are included. If not, I am not sure why this is mentioned in this section and should be moved to the other paragraph on specific behaviour change techniques.

• I do not feel that the final paragraph in this section ‘targeting multiple behaviours’ is in the correct place.

• Overall the authors should be more tentative in their interpretation of their findings and the subsequent recommendations offered in the discussion. Particularly when there is just one piece of evidence supporting the use of a specific intervention component/technique i.e. social support.

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.