Reviewer's report

Title: Behavioural interventions for weight management in pregnancy: A systematic review of quantitative and qualitative data.

Version: 1 Date: 22 March 2011

Reviewer: Eyal Sheiner

Reviewer's report:

This systemic review and meta-analysis was aimed to assess the effectiveness of behavioral interventions to prevent excessive weight gain in pregnancy and explore the factors that influence intervention effectiveness. Eleven electronic bibliographic databases, reference list of included studies, relevant review articles and experts in the field. Two independent reviewers extracted data.

Five controlled trials and nine qualitative studies were included. The overall pooled effect size found no significant difference in gestational weight gain amongst participants in the interventions group compared with the control group (mean difference -1.88kg CI -4.34 to 0.59).

The authors concluded that the gut feeling of us all, that interventions are lacking significant, is probably correct: Despite intense and often tailored interventions there was no statistically significant effect on weight gain during pregnancy. Multiple types of interventions, including community based strategies are needed to address this complex health problem.

Basically it is well designed review, which is well written, and certainly adds to our understanding of this growing problem of obesity.

Level of interest: An article of importance in its field

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'