Reviewer’s report

**Title:** Effectiveness of a Facebook-delivered physical activity intervention for post-partum women: a randomized controlled trial protocol.

**Version:** 2  **Date:** 6 February 2013

**Reviewer:** Donna Ciliska

**Reviewer’s report:**

Discretionary Revisions:

I am concerned that the feasibility phase should be conducted first, before carrying out the full study. That would provide some insight into whether it is reasonable to expect the level of recruitment, participation, compliance with the intervention and followup.

1. Will the study design adequately test the hypothesis?

The main issue of concern is feasibility. Feasibility is listed third as an aim of the study after effectiveness of the intervention and exploration of the possible role of the Theory of Planned Behaviour. I think feasibility should be addressed first before the study is actually carried out. Can you get mothers, within the first 12 months postpartum, to take on the team leader role, enlist 3-7 Facebook buddies, and accumulate 10,000 steps per day? Will they log into Facebook? Will they continue the intervention for 50 days? Will retention rate in the intervention be acceptable?

I would recommend the study be phased, with the feasibility established first, then the study as designed will adequately test the hypothesis, and allow the exploration of the Theory of Planned Behaviour (TPB).

The proposal gives adequate information about the outcome measures to be used, sample size, recruitment, ethics and analysis. The questionnaire regarding mediators has been constructed.

2. Are sufficient details provided to allow replication of the work or comparison with related analyses: if not, what is missing?

There are sufficient details.

3. Is the planned statistical analysis appropriate?

Yes – analyses are appropriate as planned.

4. Is the writing acceptable?

Well written.

**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