Reviewers report

Title: Development and feasibility testing of a smartphone based attentive eating intervention

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Reviewer: Barbara Stewart

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The paper describes the development of a mobile phone application (AP) aid to dietary behaviour change toward body weight reduction. Results of a concept feasibility study are presented. Of concern, the apparently small effect of 1.5 kg average weight loss, the small sample size and the lack of inferential analyses. Suggest withhold and publish the pilot results along with the main study?

Abstract requires some detail on sampling, method of data collection and analysis.

Introduction - aims need developed

Method - more detail required on treatment of quantitative data statistical analyses required. In some case only descriptive analyses are presented, yet, for example, self-reported acceptance could be analysed using Chi 2 tests.

Results

The result was a small decrease in weight in the treatment group (there was no control group). Was the mean loss of -1.5kg statistically and/or clinically significant?

Discussion - limitations of very small sample and descriptive analyses of quantitative data not fully addressed.

Suggestion - focus on intervention development process and qualitative evaluation and data analyses?