Reviewer’s report

Title: Efficacy of a church-based lifestyle intervention programme to control high normal blood pressure and/or high normal blood glucose in church members: a randomized controlled trial in Pretoria, South Africa

Version: 3 Date: 7 May 2014

Reviewer: David Simmons

Reviewer’s report:

This paper describes a protocol for a community based Randomised cluster controlled Trial to prevent IGT and reduce BG and blood glucose across 12 African church congregations over 36 months. The intervention compares a lifestyle programme with a health education leaflet. Participants will be aged 40-65 years and diagnosed with pre-diabetes and/or per hypertension.

Revised paper

This is much improved.

Major compulsory revisions

1. Previously, I asked about randomization. On page 7, it says:

‘Blinding
…… Random assignment will occur following the baseline assessment to assure that recruitment and assessment staff remain[s] blind to condition assignments.

Procedure
After randomization, baseline measurements will occur…’

Is randomization before baseline measures or after? Generally they would be before.

2. Will those undertaking the intervention also be doing the measurements? The study protocol is not acceptable with the lay health promoters doing both intervention and measurements-there needs to be a firewall between these 2 tasks.

3. The advice of the risk score by the health worker is an intervention that all participants receive and should be included in the 3rd box in figure 1

4. page 10-are there not 6 intervention churches?

5. A statistician needs to check the power calculations-in the abstract there are 600 people in 12 churches ie 50/church, on page 14 there are 150 in each arm ie 25/cluster-but the paper says there the power calculations are based on 20/church. This needs to be reviewed
Level of interest: An article whose findings are important to those with closely related research interests

Quality of written English: Acceptable

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

Declaration of competing interests:

no competing interests