Reviewer's report

Title: Physical and mental health impact of a sport-for-development intervention in a post-conflict setting: randomised controlled trial nested within an observational study of adolescents in Gulu, Uganda

Version: 2 Date: 17 January 2014

Reviewer: Pedro Hallal

Reviewer's report:

Major Compulsory Revision

1. This is an extremely creative study. The flowchart shows how clever the researchers were at creating a RCT out of an observational study. The single major criticism I have is that the paper assumes fitness and body composition to be the measured of physical health, and concludes that the intervention had no effect on physical health. For me, physical health is much more than fitness and body composition. What about blood pressure? Glucose levels? Bone health? I do not think a new intervention should be done, but this issue needs to be discussed in more detail.

Discretionary Revisions

1. Although the authors mention the problems with the sample size, I would like to see some power calculations in the discussion.

Level of interest: An article of outstanding merit and interest in its field

Quality of written English: Acceptable

Statistical review: Yes, and I have assessed the statistics in my report.