Reviewer’s report

Title: The Healthy Lifestyle and Personal Control Questionnaire (HLPCQ): A novel tool for assessing the efficacy of stress management and health promotion interventions.

Version: 2
Date: 14 July 2014

Reviewer: Sepideh Omidvari

Reviewer’s report:

Major Compulsory Revisions:
1. Abstract, Paragraph 1 & Methods, Paragraph 2 & Discussion, Paragraph 1: Deriving 26 items of the HLPCQ from the “qualitative data of several stress management programs” needs more explanations.
2. Discussion, Paragraph 5 & Methods Paragraph 1: Since “the generalization of the results is hampered by the sampling method” and the subjects do not represent target population, why were “postgraduate medical school students and their friends and/or relatives” asked to participate in the study?
3. What about examining the face validity of the tool?

Minor Essential Revisions:
1. The Title: Since the article does not examine the capability of the tool to assess “the efficacy of stress management and health promotion interventions” but its psychometric properties, it is proposed that the title of the paper be changed.
2. Background, Paragraph 1: Since “physical exercise” and “sleeping quality” are not health related “risk factors”, it seems that the sentence “To date, numerous …” needs some changes.
3. Methods, Paragraph 1: What does the word “valid” mean in the sentence “Finally, 285 participants delivered a completed and valid questionnaire”?
4. Methods, Paragraph 3: Why has “marital status” been classified as “married/unmarried”?
6. Methods, Paragraph 3 & Results, Paragraph 1 & Discussion, Paragraph 4: Concerning the variable “presence of disease”, some participants have reported diagnosed diseases by their physicians. What about the kind and severity of the diagnosed diseases? And can we consider that it is likely that some participants have had undiagnosed disease and disorders? The answers “may” clarify why “the presence of disease was not correlated with HLPCO”.
7. It seems the explanations mentioned on five factors (discussion, Paragraph 1) are more related to the “results” section.
**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:**

I declare that I have no competing interests.