Reviewer's report

Title: Effects of a community-based healthy heart program on increasing healthy women's physical activity: a randomized controlled trial guided by Community-based Participatory Research (CBPR)

Version: 2 Date: 9 May 2007

Reviewer: Jantine Schuit

Reviewer's report:

General
This paper elegantly describes an intervention programme conducted in Iran. It is an important paper because there is still little information on effectiveness of lifestyle interventions in (middle) eastern countries.

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Major Compulsory Revisions (that the author must respond to before a decision on publication can be reached)
There is one major concern with this paper. If I understand correctly, the authors compare subjects who successfully finished the 8 week programme (170 out of 480) with a aged matched control group. So the authors do not use the intention to treat protocol. Therefore I believe they can not conclude that the programme is succesful. The analyses should be performed with all subjects included in the study, also the ones who were not compliant with the program. Furthermore the authors should give information about those subjects who did not complete the 8 week programme and describe the differences with those who did complete it.

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Minor Essential Revisions (such as missing labels on figures, or the wrong use of a term, which the author can be trusted to correct)
I wonder why the authors did not include the information on change in diet in the paper. The intervention was also aimed at dietary changes. Or was this not evaluated??

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Discretionary Revisions (which the author can choose to ignore)

What next?: Unable to decide on acceptance or rejection until the authors have responded to the major compulsory revisions

Level of interest: An article whose findings are important to those with closely related research interests

Quality of written English: Needs some language corrections before being published

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