Reviewer's report

Title: Mobile-phone-based Home Exercise Training Program Decreases Systemic Inflammation in COPD

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Reviewer: John A. Gjevre

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Overall, this is any interesting study showing that regular telephone reinforcement can improve outcomes in those patients who may miss there exercises.

The study is well designed with clear milestones and objective testing. The use of the tele-rehabilitation and computer monitoring is certainly a future direction for COPD rehabilitation.

The size of the study is concerning. No sample size calculation was shown in the data. Indeed, given the number of variables being recorded (ISWT, CRP, cytokines, spirometry, strength) and data points, having only 12 patients in the intervention group is suboptimal. Nevertheless, the study does raise some intriguing questions and could be regarded as pilot data for a larger study.

One additional concern: why did the walking distance in the control group go down over time? One would expect that they may not be going up at the same rate as the intervention group, but would hopefully at least remain static rather than decline. Again, one wonders whether this simply represents random chance given rather small sample size.

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

Quality of written English: Acceptable

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

Declaration of competing interests:

I declare that I have no competing interests in relation to this paper.