Reviewer's report

Title: Autonomous exercise game use improves metabolic control and quality of life in type 2 diabetes patients - a randomized controlled trial

Version: 1 Date: 17 May 2013

Reviewer: Christopher Parkin

Reviewer's report:

I really like this study because it evaluates a very practical, timely “real-world” intervention. The focus on exercise, using a popular computer game technology is particularly important because of the positive residual effects of exercise beyond weight loss. As you have shown, patients benefit both physically and emotionally. The fact that it was conducted in an “uncontrolled setting”, is not a limitation; rather it supports the argument that patients were willing to exercise on their own without supervision. I am very impressed with the significant HbA1c improvement shown in this apparently "well-controlled" group, given their extremely low baseline levels. You may want to emphasize this in the DISCUSSION section.

Major Compulsory Revisions (which the author must respond to before a decision on publication can be reached)

(none)

Minor Essential Revisions (such as missing labels on figures, or the wrong use of a term, which the author can be trusted to correct)

(none)

Discretionary Revisions (which are recommendations for improvement but which the author can choose to ignore)

1. Organizational: I suggest that you move all description of sample size (page 3, METHODS/Study Subjects) starting at “Sample size had been determined ….” to “were planned to be recruited” to the Statistical Analysis section. I suggest that you put the first four sentences dealing with patient disposition (RESULTS) before the heading “Significant improvement …”.

2. Style: I suggest that you revise the RESULTS section subheadings to be neutral vs. declarative. For example. “Changes in glucometabolic control and weight” “Changes in physical activity” “Changes in diabetes-dependent …” “Changes in depression” The actual results in each of these sections tell the story.

3. Language: First let me say that your English skills far surpass my command of the German language. However, I think once you have finalized your manuscript for resubmission, it would be helpful to have a native-English language speaker
review and copyedit.

**Level of interest:** An article of importance in its field

**Quality of written English:** Acceptable

**Statistical review:** No, the manuscript does not need to be seen by a statistician.

**Declaration of competing interests:**

I declare that I have no competing interests.