Reviewer's report

**Title:** Reducing resistance to treatment, through group intervention, improves clinical measurements in patients with type 2 diabetes.

**Version:** 3  
**Date:** 17 October 2013

**Reviewer:** Martha M Funnell

**Reviewer's report:**

This manuscript describes the effects of TPE on resistance to treatment. This is a relatively new area of interest in diabetes education research, so this study represents important new information. It was a well designed study and is clearly presented.

**Minor Essential Revision:**

The case for resistance as an influencing mechanism needs to be strengthened. In addition, the theoretical discussion was a bit confusing and was not linked well with the rest of the paper. For example, the transtheoretical model was not well linked to either resistance or the empowerment-based intervention (which is not consistent with TTM) in either the introduction or discussion. More specifics about how resistance was addressed in the program are also needed.

**Discretionary Revisions:**

- The abstract conclusion overstates the data. Resistance may partly explain the mechanisms by which TPE works. Other mechanisms were not studied and it is unlikely that there is one reason that is consistent for all patients.
- Please clarify why self-efficacy was not measured as part of this study.
- Many of the references are older. As one example, there are much newer refs on TTM specific to diabetes, including a Cochrane review.

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

**Declaration of competing interests:**

I declare that I have no competing interests.