Reviewer's report

Title: Effects of a Brief Qigong-based Stress Reduction Program (BQSRP) in a distressed Korean population: a randomized trial

Version: 1 Date: 31 July 2012

Reviewer: Myeong Soo Lee

Reviewer's report:

The author did a good efforts for this trial. However, it is needed to improve further.

Major Compulsory Revisions

1. Page 4. Please clarify the basic element of qigong.
2. Page 3. Is there any basic assumption for making new management program (BQSRP)? Please add more explanation or rationale for making BQSRP.
3. Page 4. Methods. The random allocation is not clear. The authors wrote ‘the 50 participants were randomized in….’ and ‘random selection…’. These 2 sentences are very confusing. The random allocation and random selection are completely different.
4. Page 10. I don’t understand the 1st sentence ‘… were matched… Did the author used the block randomization or any other random methods for matching for gender?’
5. Please move all of the tables to main text instead of supplement. The reader need to know the values when they read the paper from their text not from supplement. Please think more to modify the tables in the viewpoints of readers. For example, it is very inconvenient to compare the values of PSS between two groups. It may be easier to read if they are in the next lines.
6. What is intent-to-treat sample? Did the author analysis all of participants (n=50) on the basis of ITT analysis? I found it may not true from figure 1. The author analyzed 38 participants not 50. Please clarify the meaning of intent-to-treat sample.
7. I don’t understand the table 3 exactly. Please consider combine table 2 and 3 in one table.
8. One of the main limitations for this study was employing wait-list control instead of using active control. The author should discuss this and conclude their results very cautiously. It is very obvious result from comparing BQSRP with no treatment group.
9. It is needed to discuss the effect size of this study in the light of clinical meaning. Are the values meaningful enough in clinical application? Please discuss this further.
Minor Essential Revisions

1. Page 9. Please separate the sample size calculation sentences as a small heading of sample size calculation.

**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.