Reviewer’s report

Title: A yoga intervention for diabetes risk reduction: A pilot randomized controlled trial

Version: 3
Date: 4 February 2014

Reviewer: Ramaprabhu Vempati

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Minor Essential Revisions:

1) What was the motivation for control group to invest time and effort? In fact this study did not have a wait-listed control group and the control condition in this study was not controlled for non-specific effects of the treatment including expectation, belief and the effects of participation in the study (Hawthorne effect). Also these subjects were from India; hence the results might have been influenced by cultural belief on yoga. It is highly recommended for authors should be acknowledged more cohesively and more explicitly given that this is the most serious weakness of the study under discussion section.

2) In Discussion, the authors mentioned under study limitations, the duration of the yoga intervention may not have been long enough to see the full potential impact on diabetes risk factors. Authors also cited Alexander et al study about an 8-week study of yoga for postmenopausal women. But the present study was on Diabetes and some earlier studies with 8-week yoga training did show significant improvements in diabetes risk profile. It is highly recommended for authors to discuss about selection of yoga practices whether or not appropriate for achieving equivocal results with the previous studies.

Discretionary Revisions:

Since this study was approved by research ethics committees at SVYASA and UCSF and the study was actually conducted and involved subjects from India, whether or not authors registered this trial under Clinical Trials Registry – India (http://ctri.nic.in/Clinicaltrials/login.php)?

Level of interest: An article of importance in its field

Quality of written English: Acceptable

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'