Reviewer’s report

Title: An explorative study of metabolic responses to stress and yoga in yoga practitioners, non-yoga practitioners and individuals with metabolic syndrome

Version: 5 Date: 17 July 2014

Reviewer: Marshall Hagins

Reviewer’s report:

The authors have responded sufficiently to all points of my review with two possible exceptions. 1) They state that the yoga group had significantly more variability in its response than the other groups and they state that the statistical evidence for this is the significant main effect for group and the higher Np value for the yoga group. I strongly recommend a statistical review be performed of this assertion by someone more versed in statistics than I am. The authors may be correct but I have my doubts. Certainly the group main effect is clear --but I am not sure how the value of the yoga group value being .95 means that it is "significantly" greater than the other groups? ; 2) the authors state that the yoga group has greater ability to recover to baseline values. I may be missing the statistical support of this statement --but I currently do not see it anywhere in the report.

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

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 I have no competing interests