Reviewer's report

Title: Adherence to yoga and exercise interventions in a 6-month clinical trial

Version: 1 Date: 6 June 2007

Reviewer: Wendy Demark-Wahnefried

Reviewer's report:

General
This is an interesting paper that compares adherence data for a yoga intervention with that of an exercise intervention and reports on patient characteristics that predict adherence. The study was well conducted and the paper is well-written – there are just a few suggestions:

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

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

1) The first sentence under Methods needs to be better structured, since as written, it is long and unwieldy. Perhaps, if the definition of each of the study arms were numbered and then divided by semi-colons, order might be restored.
2) Omit the phrase “to be done” 11th line on page 5
3) Citation numbers should follow punctuation.
4) Page 6, paragraph 1, line 5 – either provide the names of the authors of citation 15 or cite the number at the end of the sentence.
5) Page 6, paragraph 2 (end) - rather than stating that class attendance was chosen as a primary endpoint because “it was the only measure not dependent on self-report,” it may be better to state that class attendance was chosen because it provided the most objective measure.
6) Page 7, last paragraph of the Methods section. Given the exceptionally small sample size of the sample who participated in the five-factor personality inventory and the limitations of these data, I would recommend that these methods and the resulting data be omitted from this paper, especially since nothing was found, but indeed this substudy was underpowered anyway.

Discretionary Revisions (which the author can choose to ignore)

What next?: Accept after minor essential revisions

Level of interest: An article of importance in its field

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'