Reviewer's report

**Title:** Community based yoga classes for type 2 diabetes: An exploratory randomised controlled trial

**Version:** 1  **Date:** 22 October 2008

**Reviewer:** Carlo Calabrese

**Reviewer’s report:**

There are no major compulsory revisions. It might be appropriate to consider that yoga may be a worthwhile intervention for those who choose it or are likely to choose it, and will be ineffective in those who do not choose it. A behavioral intervention can’t be implemented among those who refuse it. The question for study design becomes, "Who is likely to choose yoga and adhere?" and to do comparisons (yoga vs wait list) in that population. The study, as it occurred, really says little about the effect of yoga on diabetes. The study might have more to say about the effect of yoga on T2D if a per protocol analysis was done, ie, what was yoga’s effect on HbA1c among the adherent?

Minor discretionary revisions:

In Abstract ‘Main Findings’, suggested wording in last sentence is “small fall in HbA1c that was not statistically significant.”

Abstract ‘Conclusions’, second sentence, change semicolons to commas.

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

**Quality of written English:** Acceptable

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

**Declaration of competing interests:**

I declare I have not competing interests.