Reviewer's report

Title: Effects of Lifestyle Modification on Metabolic Syndrome: A Meta-analysis

Version: 2 Date: 18 July 2012

Reviewer: M. Hassan Murad

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Major Compulsory Revisions
The systematic review remain inferior in terms of clarity and rigor.

1. The quality assessment of the individual studies is very brief and primitive. High quality systematic reviews use a standardized instrument (preferable the Cochrane Collaboration risk of bias tool) and report these elements for every individual study.

2. An overall statement that summarizes the quality of evidence (i.e., confidence in the reported estimates) is needed. This is typically done following something like the GRADE framework. This would give readers an indication of how much faith they should have of your findings.

3. There is no mention of a kappa statistic or description of the level of agreement between reviewers (on study selection or quality assessment).

4. The discussion needs to emphasize that many of the changes noted in this review (although statistically significant) were small in terms of absolute magnitude. Most importantly, there should be emphasis on the fact that these outcomes measured here are surrogate outcomes, and not patient important outcomes.

Minor revisions:

Cochrane is misspelled in the methods section.

Page 7, error (replace selection bias by publication bias)

Page 8: The subheading "Type of intervention and risk of bias" is weird. These are 2 separate topics and require 2 separate sections.

Quality of written English: Not suitable for publication unless extensively edited

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

Declaration of competing interests:

I have no competing interests