Reviewer's report

Title: The use of Mindfulness Based Cognitive Therapy for improving quality of life for inflammatory bowel disease patients: A protocol for pilot randomised controlled trial with embedded process evaluation

Version: 1 Date: 31 October 2013

Reviewer: Zhaoxiang Bian

Reviewer's report:

I have read through the manuscript, and have a reservation to accept this protocol. The reasons are as follows: 1, The design of this study are not optimal, because: 1) IBD including UC and CD, it is not ideal to include both in one study; 2) IBD can be defined as acute stage and chronic stage, it is not ideal to mix both in one study, and the design is totally different. 3) The primary outcome is Qol, it is not ideal to put diseases index as a second outcome; 4) How many UC or CD will be included in the study?

2. Team of the study. It will be much better to have a GI specialist in the team, as CO-I or Co-PI.