Reviewer’s report

Title: PAHA Study: Psychological Active and Healthy Ageing. Psychological well being, proactive attitude and happiness effects of whole-body vibration vs. multi-component training in aged women: study protocol for a randomized controlled trial.

Version: 2 Date: 3 March 2014

Reviewer: Kelli Allen

Reviewer’s report:

The authors have made substantial improvements to the manuscript. However, I still have some remaining concerns and recommendations:

1. Abstract, methods, 1st sentence, the added phrase, "in three main times" doesn't seem to make sense here - is this supposed to refer to 3 groups? There is already reference to "three main times" later in the sentence.

2. Much information was added to the background section. However, I still had a hard time gleaning the "story" that sets up the manuscript. I think those key points are now embedded, but they may now be a little hidden within all of the other information. For example, Im’ nos tusre how the 2nd and 3rd paragraphs related highly to this specific research question.

3. Background paragraph 5, sentence 1 has a grammatical error.

4. Background paragraph 7, sentence 1 also seems to have a grammatical error. Also, is it really true the WBV is one of the "most common" training programmes worldwide?

Level of interest: An article of importance in its field

Quality of written English: Needs some language corrections before being published

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

Declaration of competing interests:

I declare that I have no competing interests.