Reviewer’s report

Title: Comparing exercise interventions to increase persistence with physical exercise and sporting activity among people with hypertension or high normal blood pressure: protocol for a randomised trial

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Reviewer: Barbara Wizner

Reviewer’s report:

This is interesting study, that has a chance to fill a gap and provide the data on long-term effectiveness of regular physical activity in the form of either a standard proposed exercise or sport activities used alone or supported by modern solutions available using the specific web-tools proposed by authors.

Major comments:

The main objective of the study is to compare the effectiveness of the interventions (independent or synergistic) I would suggest adjusting the title to the basic comparison. The evaluation of persistence is rather the secondary element of the study (page 11).

The behavioral rationale for the study were accurately described. However, I feel the lack of more accurate information from the medical point of view.

1. Is the project focuses on people with newly diagnosed hypertension and/or people has already been treated due to hypertension?

2. What is the definition use in the study for suspected hypertension and prehypertension?

Is this classification based on self BP measurements by patient at home or based on the BP readings obtained during initial/qualification visit(s) by GP?

3. The CV risk will be calculated based on Qrisk2 calculator. It is suitable for people who do not already have a diagnosis of heart disease or stroke. So, whether this patients will be excluded from the study? There is no information about it in inclusion/exclusion criteria...

4. I understand, that baseline and at 12-month BP measurements will be collected in GP office, by physician or specially trained nurses, and in the follow-up period by exercise professional? Please specify more details about the standardization of the BP measurement technique as well as anthropometric measurements. How many measurement will be obtained at GP office and due to follow-up period? Is the device(s) has/have a validation? (www.dableeducational.org)

5. Whether and how you intend to monitor of the hypertensive patients adherence for other non-pharmacological recommendations for treatment of
hypertension and any changes ie. in diet?

6. In patients with diagnosed hypertension and on antihypertensive therapy – whether and how you intend to monitor the patients compliance/persistence?

7. The sport disciplines you propose the study participants (page 6) can be generally characterize as high dynamic and low to moderate static, which are generally recommended for patients with well-controlled hypertension. Is the choice of discipline is only dictated by the decision of patient or maybe GP who qualify patient for the study suggests some disciplines or narrows the range of choice for patients due to the safety of the patient?

8. Do patients may alter the discipline of sport? Do you intend to analyze in SPR group the effect of discipline?

9. The RAND SF36, AUDIT and Fagerstrom test will be performed basically and at the 12-month of follow-up?

Discretionary revision.

I would suggest the Authors rearrange of the manuscript a little in order to present more concisely rationale for the study in background section (for example using subsections) and to describe the methodological issues in a more structured manner. I will increase the transparency of key informations.

Please explain the acronym: SPOGO (page 8).

**Level of interest:** An article of importance in its field

**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 that I have no competing interests.