Reviewer's report

Title: Internet-based cognitive-behavioural self-help for the premenstrual syndrome: study protocol for a randomized controlled trial

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Reviewer: Beate Ditzen

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Review
This is a concise and well-described study design in order to treat premenstrual symptoms, or the premenstrual syndrome, PMS, in women. The study, as described here, is ongoing.

Overall, the study describes the valuable aim to treat women who suffer from premenstrual symptoms and to reach as many women as possible through an internet-based treatment with a cognitive behavioral therapy (CBT) background. It appears that the study is currently funded, realized and the outcomes might be interesting.

The study design, as presented here, seems adequate in order to test the hypothesis that a CBT based internet intervention might reduce symptom severity in PMS.

A detailed description of the treatment itself is missing but might be provided with the posthoc evaluation of the treatment.

The planned statistical analysis seems appropriate.

The manuscript is well-written.

However given the lack of a cutting edge or still-debated hypothesis, particularly new methods, or any preliminary data in this manuscript a publication of this study design by its own seems not very interesting.

This is a sound design and when the study will be finished the results can be relevant to a broad range of women. However as a reviewer I would advise against the publication of this manuscript at this stage of the study.

Some, minor, points are listed below:

The authors should discuss new developments in the diagnosis of PMS or PMDD within the DSM-5, as these are the most recent changes in the diagnosis (and treatment) the symptoms.

Are there any internationally-validated instruments used to assess PMS symptoms in this study? The questionnaires presented here all seem to have been developed by the authors themselves.

How does the study team monitor compliance with the study protocol?
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 have no competing interests to declare.