**Reviewer’s report**

**Title:** Long-term effects on cardiovascular risk of a structured multidisciplinary lifestyle program in clinical practice

**Version:** 0  **Date:** 23 Jan 2018

**Reviewer:** Aref A. Bin Abdulhak

**Reviewer's report:**

Dr. Lidin et al have reported on the long term effect of multidisciplinary lifestyle program on cardiovascular risks among cohort in an outpatient setting. The paper has addressed an important topic, and nicely written and presented in an easy way to follow. However, several issues need to be fixed, and the manuscript could be much better improved with further editing.

**Major issues:**

1. The background is too long and needs editing. For example, CVD definition could be removed as it is well known. I do not think you need to write that much on the background literature in the introduction. Readers and reviewers tend to easily be distracted with many information presented in the background section.

2. It is hard to distinguish current study as if it is a research or quality improvement project. In order to be a research, authors have to consider adding a research question, hypothesis, and then test the hypothesis.

3. The study has a major limitation, i.e. lack of control arm. It is really difficult to make any meaningful conclusion about the program and the result in the absence of control arm. This limitation has to be clearly mentioned and discussed. Moreover, individuals who participated in the program conceivably are the most motivated people and generalizability is another limitation.

4. Cost in term of money and patient time need to be addressed in the discussion section.

5. The fact is that the study lack control arm needs to be addressed in the conclusion section as well.
Minor issues;

Please edit these 2 statements.

1. The words ' did not ' has been repeated in this statement "The numbers of smokers was low and the 200 majority did not report did not report getting easily stressed".

2. This statement does not look right "This study is not a RCT and the fact that regressions 352 towards the mean could affect the results has been to be taken into account.

**Are the methods appropriate and well described?**
If not, please specify what is required in your comments to the authors.

Yes

**Does the work include the necessary controls?**
If not, please specify which controls are required in your comments to the authors.

No

**Are the conclusions drawn adequately supported by the data shown?**
If not, please explain in your comments to the authors.

Yes

**Are you able to assess any statistics in the manuscript or would you recommend an additional statistical review?**
If an additional statistical review is recommended, please specify what aspects require further assessment in your comments to the editors.

I am able to assess the statistics

**Quality of written English**
Please indicate the quality of language in the manuscript:

Needs some language corrections before being published
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