Reviewer's report

Title: Physical activity and depressive symptoms after stillbirth: Informing future interventions

Version: 2 Date: 29 September 2014

Reviewer: Francine de Montigny

Reviewer's report:

Discretionary revisions only:

Overall high-quality manuscript, very interesting and innovative, especially regarding the idea of offering group-based exercise programs that would incorporate both a social support and exercise component like yoga for women who have had the experience of a stillbirth, as well as the idea of inter-conception care for women who have experienced stillbirth. This could truly have an impact in reducing the negative physical and mental outcomes of future pregnancies. It is surprising to find that so little research has been done to date on the impact of physical activity for depressive symptoms after stillbirth. Since 40% of women in the study had experienced the stillbirth within the last three months of filling out the online survey, I would suggest adding in the discussion a section related to the time needed to physically recuperate from the birth, which exercise can be appropriate at first and how do health professionals currently generally counsel women regarding exercises after a live or stillbirth.

I would also suggest removing or combining the three phrases that appear related to additional research at lines 250, 260 and 294. They could be combined in the discussion or conclusion.

Specific comments:

Abstract Line 50: Specify the country these statistics are for

Background line 92: Very interesting statistic regarding the percentage of women who have symptoms of post-traumatic stress after a stillbirth.

Line 119: Would suggest adding one or two sentences regarding the mechanism of how exercise helps alleviate depressive symptoms

Level of interest: An article of outstanding merit and interest 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