Reviewer’s report

**Title:** Changes in Mental Health in Compliers and Non-Compliers with Physical Activity Recommendations in Patients with Stress-Related Exhaustion

**Version:** 0  **Date:** 29 Jul 2015

**Reviewer:** Eli Puterman

**Reviewer’s report:**

I commend the reviewer of taking note of the comments and requests for revisions so carefully, and for a thorough revision. The added detail is much appreciated. Here are some added thoughts on the manuscript:

1) The new paragraphs on the first few pages of the introduction feels hastily written, with a lot of detail but then also not enough. For example, it's only later in the introduction that these meta-analyses only looked at pre-post effects, not longterm effects, and that while all suggest that effects are strong (ES range = XX to XX), across all mental illnesses and community based samples and for depression and anxiety outcomes, the effects are slightly reduced in higher quality studies (ES =). I think these new additions go over board, and hard to consolidate and understand their purpose and strengths.

2) I still do not get a sense that a thorough examination was performed whether the active agent was the physical activity or attendance at the clinic, for all pieces or for the sleep piece only. Do you have data on how often they attended the clinic? Data on how often they saw the doctors? for how long? did they attend the sleep disturbance group sessions or not? did their employers attend? what about their family members? The MMT is so diverse but these components are not tested, that my worry is that while you do many comparisons between the different compliance groups, you cannot really say it's exercise or PA without these tests. Also, while i agree that the MMT is important for clinical practice, is it not also important for clinical practice to do a thorough analysis about the active components of an MMT?

**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.

Yes

**Are the conclusions drawn adequately supported by the data shown?**
If not, please explain in your comments to the authors.
No

**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:

Acceptable

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