Reviewer's report

Title: 'Walk This Way': Results from a pilot randomised controlled trial of a health coaching intervention to reduce sedentary behaviour and increase physical activity in people with serious mental illness

Version: 1 Date: 13 Jun 2019

Reviewer: Robert Stanton

Reviewer's report:

P6, L45. Although the intervention is described elsewhere, not all readers may have access to the protocol. At least identify this was a mixed methods study, and identify if the interviews were also undertaken at the same location and by whom within the research team.

P7, 34. Under 'Procedure (2.4). Please provide examples of biometric tests conducted.

P7, L58. Please describe the randomisation procedure. I assume simple randomisation where integers from 1-40 were randomised into 2 sequences of 20 numbers, but please advise if block or other forms were used. Were participants provided with their allocation in an opaque envelope, or was that given directly to the researcher?

P9, L18. The abbreviation for metabolic syndrome should be used from the first mention in P5, L7.

P10, L39. What were the checks and valid values. I assume this is well described in the protocol, but perhaps adding small details including what was checked (PA values well above expected or PA values were truncated where a pre-set threshold was exceeded). Who undertook double data entry and who was this then checked by?

P10, L55. Since this is a mixed methods study, there should be a description of how qualitative data were obtained and analysed including the framework for analysis.

P13, L12. Please see previous comment regarding qualitative analysis. Were these semi-structured one on one interviews or focus groups. In table 2 it is usual to reference the quote. I assume these all came from the intervention group? References would be in the form (F/32y) to indicate the comment came from a 32yo female. If qualitative data were obtained during focus groups, the FG number should be included. Also were all completing participants interviewed or only selected participants.
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:

Acceptable

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