Reviewer’s report

Title: Customized exercise programs implemented by physical therapists improve exercise-related self-efficacy and promote behavioral changes in elderly individuals without regular exercise: a randomized controlled trial

Version: 0 Date: 20 May 2019

Reviewer: Anil Sah

Reviewer's report:

Please include all comments for the authors in this box rather than uploading your report as an attachment. Please only upload as attachments annotated versions of manuscripts, graphs, supporting materials or other aspects of your report which cannot be included in a text format.

Please overwrite this text when adding your comments to the authors.

Overall Impression:

It is requested to response on following issues.

A. Abstract section

Background: Objective is slightly different than title. Author has to clarify regarding verb utility or effect (Utility: Positive direction: but effect might be positive and negative).

Method: Missing sampling frame, data collection technique/tool.

Result: It could be liked with objective. Author should mention regarding what proportion of participant follow this habit (SE).

B. Background Section:

Author should clearly mention regarding CEP with reference, why it's important.
C. Methods Section:

Missing information regarding: Study method, Data collection technique/tool and ethical consideration.

Author should clearly mention which it is mentioned above. In this section, Author should write in sequence.

D. Result Section:

Author should clearly mention in first descriptive finding and summarize briefly regarding table and later inferential. Recruitment: Timeline should be placed in methodology section.

E. Discussion Section:

In Beginning, Author should discuss regarding descriptive finding then inferential finding.

Author should mention if it is significant then write CI value. Author should justify why you needed blinding.

F. Conclusion Section:

Please justify, how it was useful for changing participant's behaviors toward exercise (for all follow up period).
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.

Unable to assess

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 recommend additional statistical review

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

Needs some language corrections before being published

Declaration of competing interests
Please complete a declaration of competing interests, considering the following questions:

1. Have you in the past five years received reimbursements, fees, funding, or salary from an organisation that may in any way gain or lose financially from the publication of this manuscript, either now or in the future?

2. Do you hold any stocks or shares in an organisation that may in any way gain or lose financially from the publication of this manuscript, either now or in the future?

3. Do you hold or are you currently applying for any patents relating to the content of the manuscript?

4. Have you received reimbursements, fees, funding, or salary from an organization that holds or has applied for patents relating to the content of the manuscript?

5. Do you have any other financial competing interests?

6. Do you have any non-financial competing interests in relation to this paper?
If you can answer no to all of the above, write 'I declare that I have no competing interests' below. If your reply is yes to any, please give details below.

Has Author mentioned about Declaration of competing interests.

I agree to the open peer review policy of the journal. I understand that my name will be included on my report to the authors and, if the manuscript is accepted for publication, my named report including any attachments I upload will be posted on the website along with the authors' responses. I agree for my report to be made available under an Open Access Creative Commons CC-BY license (http://creativecommons.org/licenses/by/4.0/). I understand that any comments which I do not wish to be included in my named report can be included as confidential comments to the editors, which will not be published.

I agree to the open peer review policy of the journal