Reviewer’s report

Title: Effects of media-assisted therapeutic approaches on physical activity of obese adults: A systematic review

Version: 0 Date: 23 Jul 2019

Reviewer: Alia Ahmed

Reviewer's report:

1. I would like to know more about aftercare (page 8, line # 149). Please mention with a little elaboration about the aftercare intervention strategies (page 4, line # 76, 77).

2. What are the topics covered in telephone coaching (page 8, line # 155)?

3. I would like to know more about control groups (page 9, line #172), perhaps in the method section.

4. How are the follow-ups scheduled for the participants?

5. To motivate participants or as a reminder tool, mainly used emails, text messages, and phone calls. Which one is the most effective to motivate participants?

6. The biggest potential was found in mixed approaches, combining digital devices and personal face to face support - this statement can be mentioned at conclusions also.

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.

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.
Not relevant to this manuscript

**Quality of written English**

Please indicate the quality of language in the manuscript:

Acceptable

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