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: Rohana Ghani

Reviewer's report:

In general, this is a review on the effects of media therapy as part of treatment for obesity.

In view of the fact that technology is so rapidly changing, the data presented here may not be reflective of the current trend.

Abstract:

Inadequate result to describe the findings.

Conclusion does not reflect the content of the review with no specific reference to inpatient or outpatient management

Background:

1. Line 39- "Energiebilanzmodell"- need to provide a translation of that German word.

2. Useful to define what is 'aftercare'.

Methods:

Unclear on the outcome measure in assessing the 'effect' of media-assisted therapy...

Results:

1. Perhaps the authors could refer to specific studies in describing the methods rather than "One study..."

2. Line 189- What are the authors referring to as 'subjective measuring instruments'?
3. Overall, the results are presented as the different tools and measurements used. It is unclear on what are the outcome measurements used to determine the effects of the media-assisted therapy on the study population.

Eg, weight loss in kg or percentage weight loss, physical activity in kJ or duration of exercise, other laboratory or metabolic parameters

4. Table 3 (please correct) - is unclear - what does (1/2) mean?

Results should be presented in more details rather than with arrows.

Discussion:

1. Para 1 - The statements are too general. It would be useful to discuss around the results presented above ie- what are you referring to as 'level of physical activity in the intervention groups increased...'

Similarly, would be useful to refer to the studies specifically eg Cussler et al rather than 'One of those studies...'

Line 275- In outpatient setting.... unclear on which study or result this discussion is based on.

Line 286- In rural areas.... unclear on which study or result this discussion is based on.

Line 298- 'From an economic perspective..' Perhaps this was not covered within the scope of this review thus may not be appropriate to be included in the discussion.

Grammatical errors to be corrected.

Conclusion:

The conclusion does not reflect the content of the review.

Are the methods appropriate and well described?
If not, please specify what is required in your comments to the authors.

No

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.

Not relevant to this manuscript

**Quality of written English**

Please indicate the quality of language in the manuscript:

Needs some language corrections before being published

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