Reviewer’s report

Title: Mindfulness training for smokers via the Internet: a pilot study

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Reviewer: Claire Adams Spears

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BMC Complementary and Alternative Medicine

Title: Mindfulness training for smokers via web-based video instruction with phone support: A prospective observational study

The authors described a small pilot study of a mindfulness-based smoking cessation program delivered over the Internet, and results support the feasibility of the program. Offering such mindfulness-based interventions via Internet could be an extremely cost-effective and impactful approach for teaching mindfulness to broader and more diverse populations.

The authors have thoroughly addressed the reviewers’ concerns. We appreciate the authors’ thoughtful responses and helpful edits.

We have just one additional comment regarding the definition of “completers.” As the authors indicated in the revision, "Intervention completion was defined as a self-reported quit attempt." By this definition, a person could make a quit attempt on their own but not actually receive any of the intervention (or receive very little of the intervention). It seems that a more appropriate definition would be to define intervention completion as having completed a certain number of online video classes (and/or having completed a certain number of phone coach calls). The authors might consider using a different definition of completion status (or providing more rationale for the current definition).

Overall, this revision is quite thorough; the resulting manuscript is well written and the findings have important public health implications. We believe that this manuscript will be a strong contribution to research on innovative and cost-effective ways of delivering mindfulness-based treatment for smoking cessation.

This review was completed by Claire Adams Spears, Ph.D. and Rick Raymond, B.A.

Level of interest: An article of importance in its field

Quality of written English: Acceptable

Statistical review: No, the manuscript does not need to be seen by a statistician.
Declaration of competing interests:

I declare that I have no competing interests.