Reviewer's report

**Title:** Training in ChiRunning to reduce blood pressure: A randomized controlled pilot study

**Version:** 3  **Date:** 29 June 2015

**Reviewer:** Pao-Hwa Lin

**Reviewer's report:**

This manuscript describes the result of a small pilot randomized trial studying the feasibility, acceptability and preliminary outcome data of ChiRunning. ChiRunning aims to prevent injuries and increase physical activity maintenance and may serve as an alternative physical activity intervention. The study design is reasonable and the authors have prepared the manuscript relatively well. There are some areas that need clarification.

**Major Compulsory Revisions**

1. Lines 167-168, the two control groups were combined for analysis. Was this a pre-determined strategy? The rationale was not clear and seemed to be after the fact. If this was not the original intention, why not compare the result as originally planned in three separate groups?

2. Lines 221 -229, even though the presentation was mainly by the two groups, the authors now presented some result in this paragraph in a different grouping which is confusing.

3. Line 273-274, was the ChiRunning group trained to increase awareness? Was there any measure to indicate increased awareness?

4. As the authors stated that the aim of the study was to assess feasibility, acceptability and preliminary outcome data. The authors did not document as to the goals of recruitment, retention and adherence. In addition, the aim of assessing acceptability was not explained clearly as to the tool and measures collected and the evaluation, but the conclusion was made that it was acceptable to participants. Please clarify.

**Minor Essential Revisions**

5. Abstract and throughout the manuscript, it’s clearly stated that the primary efficacy outcome that the authors were interested in is blood pressures, it’s implied in the title and the results presented but not clearly stated. Please clarify.

6. Line 127, sentence is not clear about medication for SBP<140 mmHg.

7. Line 272, extra “why”.

**Level of interest:** An article whose findings are important to those with closely related research interests
Quality of written English: Acceptable

Statistical review: Yes, and I have assessed the statistics in my report.

Declaration of competing interests:
I declare that I have no competing interests.