Reviewer's report

Title: Effect of traditional yoga, mindfulness based cognitive therapy, and cognitive behavioral therapy, on health related quality of life: a randomized controlled trial on patients on sick leave because of burnout

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Reviewer: Arndt Buessing

Reviewer's report:

I appreciate the topic of this study which uses three relevant active groups. The intervention was planned very well! From my side, it is plausible that all interventions have their effects and show at least moderate to large improvements. However, whether these interventions will really prevent sick leaves because of burnout remains to be shown.

I have only some minor points to consider:

It would be good to describe why you selected these 3 interventions: Two mindfulness-oriented - with and without physical body exercises - and one mind-only oriented intervention.

Page 6: When this "study was part of a randomized controlled trial investigating the effect of TY, MBCT and CBT, in patients on sick leave because of burnout caused mainly by difficulties at the workplace [18]", please explain the intention of the larger study. Moreover, when the study was conducted between 2007 and 2009, why are the data presented 8 years later?

Page 7: "Both groups practiced various practical skills, such as formulating a self-motivated day-to-day activity chart and planning and executing a micropause as homework (...)"- Which 2 of the 3 groups?

Page 7: Which yoga school represents "traditional yoga"? And what does it mean that it "does not demand too much commitment"? Was someone moving the participants? - It is difficult to
assume that they were not actively participating ("commitment"). Which asanas were used (you named them only in table 3) and why these ones?

Page 8: "Participants were taught to focus more on the emotional part of their feelings and less on their thoughts." This is a bit misleading because usually you should perceive both, feelings and thoughts, as they are.

Page 12: Text in lines 41/42 is missing

The Bonferroni corrected p-values were only indicated (bold) in the table, but not cited in the text.

Page 13: You meant Bonferroni correction instead of correlation?

Page 23: "We believe that the results are generalizable to patients (…)". - How do you 'know' that your 'belief' is justified, particularly in the light of the rather small sample and only a few men?

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.
Yes
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 am able to assess the statistics.

**Quality of written English**

Please indicate the quality of language in the manuscript:

Acceptable

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