Reviewer’s report

Title: Strategies for Evaluating Self-Efficacy and Observed Success in the Practice of Yoga Postures for Therapeutic Indications: Methods from a Yoga Intervention for Urinary Incontinence among Middle-aged and Older Women

Version: 1 Date: 09 Dec 2019

Reviewer: Peter Bayley

Reviewer's report:

As part of a yoga feasibility study, Nicosia et al investigated the success of participants' perceived success in performing yoga postures vs. observed success as rated by yoga experts. Accordingly, they examined the relationship between ratings of yoga posture self-efficacy and expert observer ratings of yoga postures. No significant correlations were found between the two ratings. However, the measures were presented as being useful to describe components of yoga interventions. Specific comments follow:

1. With two different measures of posture competence (self-efficacy and expert observer) that were not correlated, the authors could comment on which would be most appropriate of the two for future reporting purposes.
2. More details are needed in the Methods regarding Expert-Observed Yoga Competency Assessment (p.9). Did the participants know they were being assessed? If so, where was the assessor, and what instructions were participants given prior to the assessment?
3. A factor analysis was done (p.11) to check the self-efficacy questionnaire (y-pase) was a single factor. An n=27 seems a very small sample size for factor analysis. The authors need to justify that this is an appropriate type of analysis for this sample size.
4. Correlations between measures (Table 5) would be much easier to digest using plots rather than numbers. Perhaps both the Table and plots could be given, or plots and the numbers in text format.
5. This work was done as part of a feasibility study for yoga intervention for urinary incontinence. The authors should comment in the Discussion on whether the intervention was judged to be feasible, and if so, how (or if) the measures described in the Methods and Results sections informed that decision.

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.

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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