Reviewer’s report

Title: Effective behavioral intervention strategies using mobile health applications for chronic disease management: a systematic review

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Reviewer: Aboozar Eghdam

Reviewer’s report:

This paper explores an important issue regarding mHealth interventions to manage chronic disease conditions. The authors aimed at evaluating scientific literature and specifically randomized controlled trials regarding the strategies and effectiveness of mHealth interventions for chronic disease management in the adult population. In the presentation of the work and the manuscript's structure, methodology and the discussion, however minor details and changes would improve the paper.

-In the Introduction section:

Since the manuscript is focusing on "positive mHealth intervention effects", it would be beneficial for the readers to get some background about these "positive effects" by other researchers in the field. In addition, the definition of "well designed studies" in the line 57 of page 4, has to be more clear as well. In the last paragraph of the introduction, the authors mentioned that they focused on examining the "intervention strategies", however, these strategies have not been defined to begin with.

Methods:

The method section is well written but perhaps the inclusion and exclusion criteria could be presented in a table instead of text. In addition, the readers will benefit from the actual search queries for different databases to be included in the paper which also elevates the validity, reliability and sustainability of this work.

Results:

Since some of the results have been presented in figure 1, table 1 and 2, perhaps writing the same numbers, reasons, and exclusion reasons in the text are not necessary. Rewriting the results section to avoid redundancy is recommended.

In addition, a few details of RCTs such as length of the intervention has been mentioned in the results but it is not clear why it matters and the authors did not provide any discussion regarding this issue and the effect of it on the intervention process or the general positive effect on chronic disease management.

Discussion:
Using headlines in the discussion will improve the structure of this manuscript. It could also improve the connection of the purpose to the results of this research. In addition, this manuscript will benefit from using more recent references regarding the "increase of using smartphone users" and mHealth in general (since the ref [32] is from almost 5 years ago).

**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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