Reviewer's report

Title: Effectiveness of PUSH notifications from a mobile app for improving the body composition of overweight or obese women. A protocol of a three-armed randomized controlled trial.

Version: 1 Date: 07 Dec 2019

Reviewer: Ping Yu

Reviewer's report:

I am pleased to see that the writers have taken my initial feedback seriously and have made the relevant changes. Although the study appears to be well-designed and the protocol will be of high interest to the reader community of this journal, the article needs further improvement in structure and presentation before it is up to the standard for publication. I have listed the areas that need to be improved below:

The details are given without context to set up the scene. Even the research aim is not given in the abstract section before going into details.

Inappropriate use of words. Example:

Abstract section. Line 42. 'mandatory' is over-stated. 'Mandatory' by whom? For what purpose?

Methods section: Bad use of tense. By the time reading this article, all the experiments have been completed. However, the 'Methods' section on Page 3 Line 51 still present the information as "will be". This needs to be corrected consistently across the article.

Unclear sentences or sentences with grammar error, which need to be corrected:

Page 3. Line 51 - 53. The last part of the sentence is not clear.

Page 5 Line 117. 'the App is in use'.

Page 6. 'However' is not appropriate here.

Page 6. Line 145. It would be good to further explain the concept 'health markers'.

Page 7. Line 168. Suggest to change the term "assay" to "trial". As mentioned before, the tense should be changed in describing the study process.

As this is an article, not a thesis, suggest to drop out all the numbers for the sections of the article.
Page 8. Line 189 'underage' should be separated into two words.
Line 191. Poor sentence.
Figure 1. "criterias" should be "criteria"
The quality of the figures are poor. I can barely distinguish what's in Figures 2 - 4. These need to be substantially improved.

**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.

Unable to assess

**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:

Not suitable for publication unless extensively edited

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