Reviewer’s report

Title: Feasibility and long-term efficacy of a proactive health program in the treatment of chronic back pain: a randomized controlled trial

Version: 0 Date: 06 Feb 2019

Reviewer: Jean-Francois Chenot

Reviewer's report:

Overall this is well reported trial on an important topic. The findings are highly relevant and will guide futures research. I have only minor suggestions for improvement.

Methods

A CONSORT checklist is provided

The setting is insufficiently described. How were eligible patients identified? based on which data provided by whom?

The translation German Disease Management Guideline on non-specific low BP is inaccurate. An English Version for international Readers has been published and should be referred to in Dtsch Aeztbl. Int. 2017

It is unclear what the control group received as intervention. Did every patient receive a health coach as described?

The Chronic Pain Grade Questionnaire needs to be explained in more detail for readers not familiar with this questionnaire.

The secondary outcomes, what they measure and how to interpret them could be described in more detail. Readers not familiar with STarT Tool need some explanation.

The statistical analysis is well done and well described.

Discussion

The discussion is appropriate but requires an in depth knowledge of the used instruments which is not provided in the methods section. Limitations are appropriately addressed. The conclusions are based on the findings.

References

German references should have translation in brackets

Reference number 6 is outdated, suggestion Oliveira et al. 2018
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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