Reviewer’s report

Title: Effects of a lifestyle intervention during pregnancy to prevent excessive gestational weight gain in routine care - the cluster-randomised GeliS trial

Version: 0 Date: 05 Jun 2018

Reviewer: Rubén Barakat

Reviewer's report:

COMMENTS

Overall Comments:

The authors present a cluster-randomized multicentre controlled trial examining the effect of a lifestyle intervention during pregnancy on the proportion of women with excessive Gestational Weight Gain (GWG), adverse pregnancy outcomes and long-term risk of maternal and offspring obesity.

I found the study very carefully designed and developed, the question posed by the authors is well defined: "In addition to a high pre-pregnancy BMI, excessive GWG is an increasing public health concern as a potential contributor to pregnancy and obstetric complications, maternal postpartal (postnatal) weight retention and childhood obesity." (page 4).

The methods are appropriate, an intensive data collection work has been made by authors.

The discussion and conclusions are well balanced and adequately supported by the data. They found that intervention didn’t reduce the percentage of pregnant with excessive GWG.

The study has a scientific interest.

Specific Comments:

I don’t agree with the comment of the page 4: During the last decade, a variety of lifestyle intervention studies during pregnancy have tried to limit GWG and to improve maternal and offspring health. These randomized controlled trials (RCT) have shown rather modest effects in reducing excessive GWG and associated health outcomes”. There are many RCT studies showing a positive effects of physical exercise intervention on reduction of excessive GWG, in my opinion the authors should mention of that. Participants (Page 5). Why the authors excluded pregnant with BMI under 18.5 kg/m2 ?

The authors say in Page 6: "More details of the lifestyle programme are given in the published study protocol [ref 23]. However more information about the intervention is necessary, (i.e. physical exercise and nutritional advice program).
It would be interesting (if possible) to obtain two important characteristics data baseline: occupational activity and pre-pregnancy exercise habits, it would be interesting to know the (possible) influence of these two parameters on the results that the authors have examined in this study.

**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.

Not relevant to this manuscript

**Quality of written English**
Please indicate the quality of language in the manuscript:

Acceptable

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