Reviewer’s report

Title: The effectiveness and cost-effectiveness of strength and balance Exergames to reduce falls risk for people aged 55 years and older in UK assisted living facilities: A multi-centre, cluster randomised controlled trial

Version: 1 Date: 25 Oct 2018

Reviewer: Andrés Soto-Varela

Reviewer's report:

The topic of this manuscript (to compare the effectiveness of a strength and balance Exergame programme vs strength and balance home exercise programme leaflet, to improve balance and reduce falls in older people) has a high interest, due to the frequency and morbidity associated with falls in the elderly. The paper is correctly written and presented; abstract and introduction are appropriate, methods are adequately described, and results are correctly shown. Discussion and references are appropriate too.

However, there are several limitations which should be corrected and/or discussed prior its publication.

One of them refers to the age of the participants. Both in the title and in other parts of the manuscript, the authors refer to older people, but the sample includes subjects over 55 years. It is a very low age limit to consider a person as old. It is even debatable that today, in Western societies, a person of 65 years of age can be considered elderly. The authors should delete the word "older" from the title and content of the manuscript.

Another limitation, already included in the discussion, is the no-blinding. It would have been important that at least the blinding of the evaluators had been achieved. This is an important limitation, since it may have introduced an important bias in the interpretation of the results.

Finally, assessment of balance is only clinical and with questionnaires. Some instrumental test to assess balance (such us dynamic posturography) would have been useful to quantify the improvement in balance. This should be included as a limitation of the 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?
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Yes
Are the conclusions drawn adequately supported by the data shown?  
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