Reviewer's report

Title: The Efficacy of Motivational Counselling and SMS-reminders on Daily Sitting Time in Patients with Rheumatoid Arthritis: Study Protocol for a Randomised Controlled Trial

Version: 3 Date: 6 October 2014

Reviewer: Ingrid Demmelmaier

Reviewer's report:

Minor essential revisions:
• I think it should be described how the independent variable is controlled: will the control group be assessed for MI counseling (or other similar counseling) during the trial? As they have signed up for the study they may well be interested in changing their sitting time.
• Manipulation check should also be described – how will you check that the counselors delivered what was intended and how much reached the participants in the intervention group?

Discretionary revisions:
• To achieve a long-term decrease in sitting time, i.e. maintenance, the intervention should include plans for relapse prevention and booster sessions over longer time. Sixteen weeks may be a short time to achieve sustainable change.
• The self-efficacy measure is not optimal as it does not assess self-efficacy for the specific behaviors targeted in this trial. A measure of generic self-efficacy cannot be expected to be sensitive for change in this context. Development of items according to Bandura’s “Instructions for construction of self-efficacy scales” could be a useful alternative.

Level of interest: An article of outstanding merit and interest in its field

Quality of written English: Acceptable

Statistical review: No, the manuscript does not need to be seen by a statistician.

Declaration of competing interests:
I declare that I have no competing interests