Reviewer’s report

**Title:** Testing the feasibility of a mobile technology intervention promoting healthy gestational weight gain in pregnant women (txt4two) - A randomised controlled trial protocol

**Version:** 

**Date:** 3 March 2015

**Reviewer:** Michael Schlussel

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This is a protocol of a very timely and well designed randomised controlled trial (RCT). The aim is to test the feasibility of a multidimensional behavioural change program, in its majority based on the use of mobile technology, to prevent excessive gestational weight gain (GWG) for overweight/obese women. This is a relatively new approach to deliver health interventions and represents an innovative and unique opportunity to address a challenging and extremely relevant public health issue.

The protocol is adequately designed to answer the primary question and has enough strength (well powered) to examine the main secondary outcome: the effect of the intervention on the GWG.

A few points would deserve some further discussion, though.

Firstly, the study population includes pregnant women with gestational age between 10 and 17 weeks who have a self-reported pre-pregnancy BMI>25kg/m2. Moreover, the primary outcome will be measured as the difference between weight at 36 weeks and baseline. Do the authors expect the difference in the time when women are entering the study to affect the outcome measure? And how are they planning to deal with it if so? Why was 36 weeks chosen as the point to measure the final gestational weight and what implications can it have in the classification of gestational weight gain adequacy for the studied population? Are the authors considering the self-reported nature of pre-pregnancy overweight/obesity to bias the findings?

Secondly, it is stated that given the nature of the intervention the participants will be aware about the group allocation. Are there any concerns about selective attrition?

Finally, given the nature of the intervention, did the authors consider measures to avoid/assess group contamination?

In summary, this is a well written protocol, describing an innovative and timely RCT. The results of this study might have a great impact in the dissemination of a useful, low cost, wide reaching and accessible technology to promote health interventions to key-target populations.
Level of interest: An article of importance 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.