Reviewer's report

Title: Interactive web-based lifestyle intervention and metabolic syndrome: findings from the Red Ruby (a randomized controlled trial)

Version: 1 Date: 14 May 2015

Reviewer: N A Alwan

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This is a good paper assessing an important public health intervention. There are some changes needed, mainly clarifications, as listed below.

P 1
11: ‘reduce metabolic syndrome’ is ambiguous. Do you mean incidence or management/treatment?
14: How was MS defined in the trial – I think this should go in the abstract
17: ‘named’ not ‘namely’
19: how was glycemic status measured?

P 2
2: ‘levels’

3: I think this sentence starting with ‘Although …’ is redundant because you quantify the reductions in the following sentence.

P 4
7: ‘Iranians’ and remove bracket – why is the cut-off different for Iranians? Please state

P 6
8: How did the participants know their BP prior to recruitment? Were these based on previous visits to their doctor? Was the inclusion criterion a minimum of one reading of 130/85 mmHg or consistent high BP? Please clarify this point.

P 7
10: Did participants fulfil all the criteria for the diagnosis of MS? Were the measurements objectively verified before randomization? Were all outcome measures performed at baseline before deciding on whether to randomize or not?

P 11
1: did you use ‘intention to treat’ analysis?
12: what does ‘living outside the study setting’ exactly mean?
14: how were they screened for eligibility? From the information they provided on the form or by objective measurements?
19: please expand on how the ‘171 met the criteria for inclusion’

P12

17: how much weight?

P13

4: blood pressure not ‘pressures’

8: not clear what you mean by ‘overall number of syndromes’. Please clarify. Does this mean people fulfilling the criteria for diagnosis? If they don’t they shouldn’t have been included in the trial in the first place.

P14

Was there any risk of contamination? Was the webpage free to access to anybody? Could the controls have accessed and used it at all?

P19

17: correct citation needed

Table 1:

What is meant by ‘addiction’?

Table 2:

Fasting blood glucose, not ‘fast’

Figure 1:

Only in this figure, it clarifies that people were excluded for not having at least 3 component of MS. This needs to be expanded on in the methods section.