Reviewer’s report

Title: Prevention of diabetes in overweight/obese children through a family-based intervention program including supervised exercise (PREDIKID project): study protocol for a randomized controlled trial

Version: 0 Date: 11 Jul 2017

Reviewer: Norbert Tripolt

Reviewer’s report:

Arenaza and co-workers aimed to evaluate the effect of a 22 weeks family-based multidisciplinary intervention program on insulin resistance syndrome in children with high risk to develop type 2 diabetes and to identify the profile of microRNA in circulating exosomes and in peripheral blood mononuclear cells in children with high risk to develop type 2 diabetes and its response to a family-based multidisciplinary intervention program including exercise.

The manuscript is written well and the content is quite interesting. The aims of the manuscript are precisely defined. The article is easy to read and logically structured, with the exception of the methods part. Maybe it’s possible to transfer the rationales (1.4.1 and 1.5.1) to the introduction section. Please reconsider and replace the heading ´design´ (1.4.2 and 1.5.2) since there is already a headline ´design´ at the beginning of the methods section (Line 144).

Line 186: please precise the information about randomization. What kind of tool is there used for randomization? Is web-based randomization tool?

Line 401: I think there is something missing.

Line 153: Ethics Committee

Please add information about data management, monitoring and eCRF in the methods section.

Table 1: Please correct ´mm Hg´ to ´mmHg´

Table 2: Typing error ´tryglicerides´- please correct

Level of interest

Please indicate how interesting you found the manuscript:

An article whose findings are important to those with closely related research interests

Quality of written English

Please indicate the quality of language in the manuscript:

Acceptable
Quality of figures
All images and figures within the manuscript should be genuine i.e. without evidence of manipulation. No specific feature within an image may be enhanced, obscured, moved, removed, or introduced. If you have concerns about the veracity of the figures you should choose the first option below.

Statistical review
Is it essential that this manuscript is seen by an expert statistician? If so, please give your reasons in your report.

Declaration of competing interests
Please complete a declaration of competing interests, considering the following questions:

1. Have you in the past five years received reimbursements, fees, funding, or salary from an organisation that may in any way gain or lose financially from the publication of this manuscript, either now or in the future?

2. Do you hold any stocks or shares in an organisation that may in any way gain or lose financially from the publication of this manuscript, either now or in the future?

3. Do you hold or are you currently applying for any patents relating to the content of the manuscript?

4. Have you received reimbursements, fees, funding, or salary from an organization that holds or has applied for patents relating to the content of the manuscript?

5. Do you have any other financial competing interests?

6. Do you have any non-financial competing interests in relation to this paper?

If you can answer no to all of the above, write 'I declare that I have no competing interests' below. If your reply is yes to any, please give details below.

I declare that I have no competing interests

I agree to the open peer review policy of the journal. I understand that my name will be included on my report to the authors and, if the manuscript is accepted for publication, my named report including any attachments I upload will be posted on the website along with the authors' responses. I agree for my report to be made available under an Open Access Creative Commons CC-BY license (http://creativecommons.org/licenses/by/4.0/). I understand that any comments which I do not wish to be included in my named report can be included as confidential comments to the editors, which will not be published.
I agree to the open peer review policy of the journal