Reviewer’s report

Title: Effects of individualized follow-up with a smartphone-application after cardiac rehabilitation: protocol of a randomized controlled trial.

Version: 0 Date: 14 Sep 2019

Reviewer: Marlien Varnfeld

Reviewer's report:

This paper describes the protocol of a RCT to evaluate the effects of individualized follow-up with a smartphone-application after cardiac rehabilitation. It has previously been shown that an expanded cardiac rehabilitation after acute myocardial infarction or coronary artery bypass grafting reduces cardiovascular morbidity and days at hospital for cardiovascular reasons and this proposed research is therefore very relevant and needed. The paper is well written and I only have very minor suggestions (mainly grammatical) as indicated below:

p3 lines 26-29: Apps can in that respect function as long-term support, AS POINTED AS NEEDED (rephrase this) in the latest European guidelines on cardiovascular disease prevention in clinical practice for behavior change.

p3 lines 29-33: Despite the clear need of such an intervention, to our knowledge, it doesn’t exist any research evaluating individualized follow up through an app after completing CR. Might be better to say ...to our knowledge, no other studies have previously evaluated individualized follow up...

p4 line 26: Participants will be recruited from two CR centers in THE eastern part of Norway

p4 line 38-39: they will get an appointment for baseline assessment at the time they are finished at CR. Suggestion: they will get an appointment for baseline assessment at the time they completed there CR program.

p6 lines 21-24: In this connection, motivational interviews can be used to help individuals ACQUIRE motivation to change a particular behavior through collaboration, evocation, autonomy and exploration.

A concern for the study is the possibility of missing data at the 12 month collection, but this is fully acknowledged by the authors with mitigation plan.

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?
If not, please specify which controls are required in your comments to the authors.

Yes

Are the conclusions drawn adequately supported by the data shown?
If not, please explain in your comments to the authors.

Yes

Are you able to assess any statistics in the manuscript or would you recommend an additional statistical review?
If an additional statistical review is recommended, please specify what aspects require further assessment in your comments to the editors.

I am able to assess the statistics

Quality of written English
Please indicate the quality of language in the manuscript:

Acceptable

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