Reviewer’s report

Title: Feedback from physical activity monitors to enhance amount of physical activity in adults – a protocol for a systematic review and meta-analysis

Version: 0 Date: 22 Jan 2019

Reviewer: Michael Nunns

Reviewer's report:

This protocol appears to utilise thorough and robust methods. Aside from some grammatical errors, my only query is with the clarity of the aims of the review. Upon reading the protocol, it appears that the intervention really is about 'feedback', seeing as both intervention groups and comparators will be using PAMs. 'Feedback' is not clearly defined however. The title and objectives are a little unclear, as I was expecting that the intervention would be the use of PAMs and the comparator would be some other form of intervention to increase PA. With a few adjustments, this can be made much clearer. I would suggest a clear definition of what you mean by feedback, an adjustment to the title to make it clear whether you are interested in PAMs+feedback or just PAMs vs other interventions.

I have noted some other small errors below:

Title
I'm not sure the title really conveys what the review is about. Having read on, it seems that the combination of PAMs and feedback is the intervention of interest?

Abstract
"objective of this systematic review and meta-analysis is to estimate the effect of PAM-based interventions [ON?] physical activity behavior in adults"

Background
"world's"
"Globally, inactivity costs 54 billion USD in direct health care cost every year in United States [1]" - this is not global if limited to the US. Also add "the" before US.
"Furthermore strong evidence exists of physically active people will have" - "that" instead of "of"?
"prevalence of physical inactivity with 15% in 2030" - "by" instead of "with"
"motivate to behavioral change" - delete "to"
"devises" - devices
"characteristics is deemed in order to progress towards the World" - 'is deemed necessary'? You've already defined 'WHO', so use that, rather than writing in full.

Why limit to 64 years old? You have already mentioned some benefits that would be appropriate to older adults, e.g. improving activity in outpatients, and reducing risk of falls. Some justification needed here.
"Subsequently, the impact of intervention, study- and participants characteristics on the effect of PAM will be investigated" - this has not been mentioned, there needs to be some rationale for looking at this.
Methods
Pedometers are accelerometers
Types of comparator - this seems difficult to achieve if the controls are wearing/using PAMs. For example, looking at how many steps you have done on your fitbit is a form of feedback. Is the intervention of interest therefore 'feedback' (not use of a PAM), and how is this defined? I would have thought the intervention would be controls who are not using PAMs? This needs to be clarified/defined (see main point above).
'MPVA' acronym should be defined before use.
There are some abbreviations not in your list of abbreviations.

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

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