Reviewer's report

Title: A Mobile Phone-based Program to Promote Healthy Behaviors among Adults with Prediabetes: Study Protocol for a Pilot Randomized Controlled Trial

Version: 1 Date: 18 Jul 2017

Reviewer: Bridie Evans

Reviewer's report:

Background

Lines 89-95: Could the authors indicate whether there is any evidence relating to JOOL Health or similar apps in any population - usability, effectiveness, acceptability?

Lines 96-112: what evidence has informed the hypothesis for this study?

Methods

Lines 114-117: What is the funding source for this study?

Lines 130-132: please give a reference to support the rationale for using qualitative data in this way.

Lines 134-137: please clarify that all participants are employees/students of the University of Michigan and state if any subgroup of this.

Lines 180-182: have the authors considered questions about why participants sign up for the intervention?

Lines 191-93: I understood from an earlier section that recruitment was by telephone. The account of different uptakes is therefore confusing. Please clarify how recruitment is undertaken and who the telephone subset is.

Outcome measures: the authors should also look at participant characteristics - age, centre, income/education group, baseline weight, employment status etc) to see if that affects participation.
Lines 204-210: how are these outcome data collected?

Line 171-182: these relate to data collection. Suggest moving to before line 201.

Line 204-210: how are these outcome data collected?

Line 235: I suggest replacing the word explain with interpret since this better describes the way qualitative data are used alongside quantitative data. Also in line 256, interpret or understand would read better than explain. Also, it suggests that the qualitative data collection is developed and undertaken after the quantitative analysis, which does not appear to be the method proposed in this study.

Discussion: could the authors indicate the basis on which this feasibility study progresses to a full trial. If the results show no change in participants, how will the team respond?

Patient and public involvement in research is best practice and encouraged when researching a population which is hard to reach such as this. Could the authors consider this?

How will the authors know if the app is being used rather than just viewed or even glanced at. Is there a way of collecting data about how the participants interact with the app?

**Level of interest**
Please indicate how interesting you found the manuscript:

An article of importance in its field

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

Acceptable
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