Reviewer’s report

Title: Feasibility and Assessment of Outcome Measures for Yoga as Self-Care For Minorities with Arthritis: A Pilot Study

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Reviewer: Michael Campbell

Reviewer’s report:

This an interesting feasibility study of offering yoga to ethnically diverse groups with arthritis. In my opinion the results hardly suggest feasibility of teh intervention in the targeted population but this could be discussed with reference to other intervention participation rates.

1) Since most people will only read the Abstract, this should state that the subjects came from Washington DC

2) The crucial numbers (Lines 179-180) are 128 screened , 59 eligible 30 recruited over 4 years, 18 dropped out leaving 12 subjects (or 11?) just under 10% of the original screening population available for analysis. A perfect example of Lasagna's law! These numbers should be in the Abstract should be part of the decision about feasibility.

3) The numbers in Tables 2 and 3 are not consistent. In Fig 2 if 30 were enrolled and 16 withdrew that leaves 14, Also if 10 withdrew prior to the intervention that leaves 20 initiated. An extra 2 have been lost. In Fig3 we are left with only 11!

3) Fig 4 is poor- no scales on the graphs

4) P11/12 I would omit all the statistical analyses. Feasibility studies are too small to test whether the intervention works, Presentation could just give means before and after. The fact that a very highly selected group showed improvement is no surprise, and given a lack of a control group, regression to the mean cannot be discounted. What is needed is predictors of who drops out.

5) Give numbers of subjects as well as percentages for CASI data collection and Exit interview

Minor

1) L373 is 'satisficing' a word?

2) Line 389-90 No confidence intervals were given

3) Table 2 omit SD in last 6 rows( except perhaps for BMI), SD is meaningless for such skewed variables
4) Table 3 I would omit the last column with the non parametric results, but include the median and mean change

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