Reviewer’s report

Title: Pilot randomised controlled trial of Weight Watchers® referral with or without dietitian-led group support for weight loss in women treated for breast cancer: the BRIGHT (BReast cancer weIGHT loss) trial.

Version: 0  Date: 08 Feb 2018

Reviewer: Nicola Harman

Reviewer's report:

This is an interesting paper that fully describes the protocol and related feasibility considerations.

A limitation of the study is that it takes place in a single centre and has been coordinated by an individual with great enthusiasm for the project. There is little discussion of the impact of this dedicated coordinator on the feasibility of the trial and considerations for a possible future larger multi-site trial. Likewise, the time taken to recruit could be alleviated by having more than one site. The paper would benefit from a discussion of considerations for a multi-site study and the impact that this might have on time to recruit. For example, a sample size estimate could be made together with an estimate of the time needed to recruit this number with a single or multi-site.

The paper describes the participants of the study in terms of age, menopausal status and body weight/BMI. However, it may be pertinent to also discuss the ethnicity of the participants and how the WW intervention can be adapted to different cultural and religious dietary behaviours. If all participants in the study were of a single ethnicity then this is something that may need to be considered in a future trial.

Although not designed to assess the recurrence rate of breast cancer is there published data on recurrence rates at varying timepoints? The follow up duration of a future study together with the length of WW or control intervention may need to be considered as a 12 week programme may not be sufficient in a follow up of, for example, 5 years.

Aside from those points it was an interesting read and a well written paper.

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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