Reviewer’s report

Title: Exercise for advanced prostate cancer: A multicomponent, feasibility trial protocol for men with metastatic castrate-resistant prostate cancer (EXACT)

Version: 0 Date: 30 Apr 2019

Reviewer: Jason Wilson

Reviewer's report:

This interesting protocol describes a feasibility trial which has recently commenced in Northern Ireland which is looking to undertake an exercise intervention in men with advanced prostate cancer. This is an important study as health services become more interested in promoting self-management approaches to exercise. Health service budgets are becoming increasingly tightened, meaning there is less scope to conduct face-to-face supervised exercise with patients. This feasibility study will be the first stepping stone for building evidence for a larger trial which will provide a positive impact to future care in this patient group.

The paper is well-written and generally very detailed throughout. However, there are some minor issues that need to be addressed before publication.

Introduction

Pg 3, Lines 16-17: Replace 'in' with 'such as'.

Pg 3, Lines 45-46: First instance of acronyms (IGF-1 and RONS) so should be defined.

Pg 3, Line 50: Comma between 'findings' and 'advanced'.

Pg 4, Lines 4-5: Comma between 'increasing' and 'clinical'.

Methods

Pg 5, Line 56: In describing the inclusion criteria, it would be easier to read if it was also in a box like the exclusion criteria.

Pg 6, Lines 38-59: It would be nice if you could make clearer the types of questions you will ask when determining if a participant is meeting the current physical activity guidelines. I have previously screened individuals based on this criteria and it can sometimes be tricky to determine as individuals can find it difficult to comprehend what this actually means (e.g. walking around
the house versus going to circuits). Also, why are you using > 60 mins of high intensity exercise as a cut-off? Should this not be > 75 mins?

Pg 7, Lines 1-44: Will the moderate-intensity exercise always be based on walking or can participants complete other activities instead (e.g. swimming or cycling)? I recognise that these options may not be appropriate for this patient population but it would be good if you can make this clearer. It would also be nice to see some examples of the types of bodyweight exercises you intend to complete with the participants.

Pg 7, Line 35: Replace "determine" with "determined"

Pg 9: Lines 20-22: Please add more details on the accelerometer being used. Also, give an indication of some of the variables you will be assessing (i.e. sedentary behaviour, light physical activity, moderate-vigorous physical activity, step counts etc.)?

Trial status

Pg 11, Lines 60-61: Before re-submission, try to update this section with the latest information.

Table 2

Pg 16: The abbreviations should be listed below the table. Also, in the example programme given in the Table, it would be good to highlight how many stations would be required to be completed during each week of the strength exercises (does Week 1 consist of 1 station, Week 2 two stations etc?).

References

Pg 18, Lines 43-44: Should be "3889-3895" not "3889-895". Other than that, references are very well formatted.

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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