**Reviewer’s report**

**Title:** Effectiveness of text messages for decreasing inactive behaviour in patients with knee osteoarthritis: a pilot randomised controlled study

**Version:** 0  **Date:** 23 Jan 2019

**Reviewer:** Aliki Thomas

**Reviewer’s report:**

A well written clear and concise paper. It was a pleasure to read.

The background makes a compelling case for the need to conduct this pilot trial, citing seminal literature and justifying the population, intervention, primary outcome, the need to compare self report with objective data. 6 week intervention with text message on the importance of PA.

It was surprising that the authors did not consider the tailoring aspect in the intro or in the design of the intervention as they do mention/consider this in the discussion. It is well known that any such intervention could be more effective if there is a personalized element to it. Generic info transferred via text or any other electronic source is unlikely to yield any important change in behaviour. What was missing in the interpretation of the results is literature on behaviour change.

The authors make a case for the smaller sample size but the study is still underpowered.

With further mention of the behaviour change literature in light of the results, this pilot trial is additional evidence of the lack of effectiveness of passive information.

It is worthy of publication.

**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

**Declaration of competing interests**

Please complete a declaration of competing interests, considering the following questions:
1. Have you in the past five years received reimbursements, fees, funding, or salary from an organisation that may in any way gain or lose financially from the publication of this manuscript, either now or in the future?

2. Do you hold any stocks or shares in an organisation that may in any way gain or lose financially from the publication of this manuscript, either now or in the future?

3. Do you hold or are you currently applying for any patents relating to the content of the manuscript?

4. Have you received reimbursements, fees, funding, or salary from an organization that holds or has applied for patents relating to the content of the manuscript?

5. Do you have any other financial competing interests?

6. Do you have any non-financial competing interests in relation to this paper?

If you can answer no to all of the above, write 'I declare that I have no competing interests' below. If your reply is yes to any, please give details below.

I declare that I have no competing interests.

I agree to the open peer review policy of the journal. I understand that my name will be included on my report to the authors and, if the manuscript is accepted for publication, my named report including any attachments I upload will be posted on the website along with the authors' responses. I agree for my report to be made available under an Open Access Creative Commons CC-BY license (http://creativecommons.org/licenses/by/4.0/). I understand that any comments which I do not wish to be included in my named report can be included as confidential comments to the editors, which will not be published.

I agree to the open peer review policy of the journal.

Were you mentored through this peer review?

No