Reviewer’s report

Title: Assessing the feasibility and acceptability of Changing Health for the management of prediabetes: Protocol for a pilot study of a digital behavioural intervention

Version: 0 Date: 12 Jun 2019

Reviewer: Audrey Rankin

Reviewer's report:

The study protocol describes a pilot trial to assess the acceptability and feasibility of a digital intervention (Changing Health) that provides structured education and lifestyle behaviour change support to adults with pre-diabetes. Overall I thought that the paper was well laid out and the intervention of sound concept. I do however think that there is a lack of detail surrounding some of the material included (e.g. the mobile phone app and lifestyle behaviour coach support), and more details should also be given as to how the intervention was developed. Nevertheless, I feel that these changes are minor and would recommend publication of the manuscript once the comments presented below have been addressed.

Title: It could be made clearer in the title that this is a study protocol paper, suggest adding "study protocol for a" in-front of pilot study.

Background:

1. The authors talk about healthcare professionals delivering the NHS diabetes prevention programme and the Movement as Medicine intervention - some indication of the types of HCP (GPs, diabetes nurses etc.) delivering these would be useful.
2. The authors introduce the Movement as Medicine intervention, but little detail is given on what the intervention components actual where and what "key behavioural techniques" where delivered during the face-to-face consultations. The authors could briefly add some more detail here.
3. In addition, the authors state that the Movement as Medicine intervention was used to inform the development of the Changing Health intervention. Again, the are no details given on how this intervention was developed, what steps where taken in terms of developing a mobile phone application etc. The authors could provide more details on this.

Objectives:

Objective 4: This objective is about intervention fidelity. I would suggest rewording this to: To assess if the intervention was delivered and received as intended (intervention fidelity).

Methods + Design:
1. Recruitment: The authors outline how patient participants will be recruited. Some details should also be given on the process of recruiting the local primary care practices.
2. Intervention: Who is delivering the coaching appointments and what training was given to these individuals?

3. Acceptability: The authors state that they will use theory-based topic guides- what theory is being used here? The theoretical framework of acceptability may be a useful resource. [Sekhon et al. 2017 Acceptability of healthcare interventions: an overview of reviews and development of a theoretical framework].

4. Fidelity: It would also be interesting to look at the number of times the mobile phone platform is accessed by the participants.

General Comments:

1. Standardise the use of pre-diabetes versus prediabetes throughout the 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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