Reviewer’s report

Title: Feasibility, user experiences, and preliminary effect of Conversation Cards for Adolescents© on collaborative goal-setting and behavior change: Protocol for a pilot randomized controlled trial

Version: 0 Date: 19 Sep 2019

Reviewer: Thomas Craig

Reviewer's report:

This is a very straightforward feasibility trial and it is hard to imagine that it will not be found to be feasible! So the issues are thinking ahead to the main trial.

1. Why only a 3-week follow up? Is this not trivial even if it is the sort of duration to test SMART goal attainment? It is very unlikely that many strategies will have an effect on BMI over such a short time and the study will not tell us whether the behaviour change is maintained. I think the feasibility study needs to check the duration of outcomes that would be relevant for a main ie. large and so expensive, clinical trial/

2. What is the outcome variable on which the power calculation is based (or is it estimate for recruitment?) An effect size of 0.2 is quite low - how big is the main trial intended to be? The recruitment strategies are straightforward and I do not envisage any particular difficulties.

3. Will the research team check that the goals conform to the SMART standard?

4. What safety concerns do you have? Although you will check, it is hard to see that there is anything unsafe about the intervention as it stands. Presumably a SMART goal could be unsafe or have unsafe behaviour associated - is this what you mean?

5. How will this give you reliability, validity and trustworthiness of the assessments? how will you assess these?

The other aspects of the protocol seem reasonable.
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An article of limited interest

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Acceptable

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