Reviewer's report

**Title:** Solution-focused low-intensity intervention in improving health behaviors of young females: cluster-randomized controlled trial

**Version:** 1  **Date:** 10 July 2013

**Reviewer:** Brian Suffoletto

**Reviewer's report:**

General Comments

This is a large RCT embedded as a sub-study in an HPV trial with low attrition and long follow-up. The authors test a collaborative lifestyle coaching intervention performed every 6-months for 2.5-3 years by trained nurses. Overall, this study adds to the science in support of brief motivational interventions performed by nurses on healthy lifestyle adoption among adolescents and young adults. The question is well defined but there are several major revisions that should be addressed before acceptance.

**Major Compulsory Revisions**

1. Authors need to clarify what the intervention entailed specifically. This can be done by including the nurse training manual in appendix or describing in methods. Without this, it is not clear what exactly went on.

2. Authors need to state clearly what % of enrolled intervention participants discussed at least one topic. Also, authors need to state explicitly what conversations occurred at each visit....for example an individual could discuss diet on baseline visit, sleep on second, etc. Also, it would be important to know the number of total conversations over 2.5-3 years occurred in participants.

3. Authors need to either discuss their measurement (outcome) instruments, i.e. where did they come from? Are they validated? Or discuss this as a major limitation in discussion.

4. Authors need to briefly discuss that these findings do not bring the science closer to understanding “essential” ingredients needed to effectively change/support behavior. Suggest authors discuss how the trial could have been designed differently to improve understanding, such as qualitative analysis of audiotaped sessions, exit-interviews with participants/nurses, standardized scoring sheets for intervention deployment.

**Level of interest:** An article of importance in its field

**Quality of written English:** Acceptable

**Statistical review:** No, the manuscript does not need to be seen by a statistician.
Declaration of competing interests:

I declare that I have no competing interests